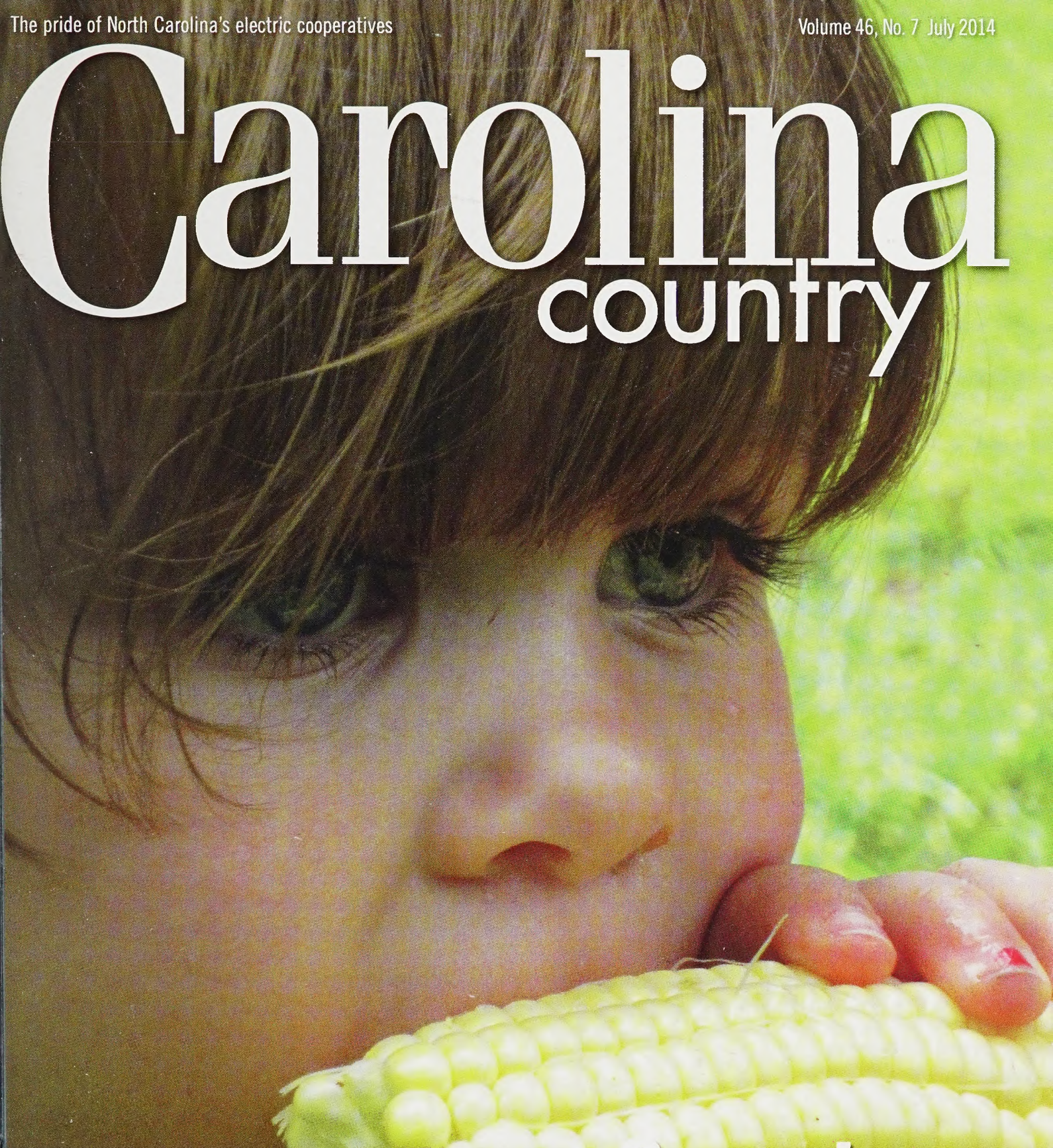
The pride of North Carolina's electric cooperatives

Volume 46, No. 7 July 2014

Carolina country



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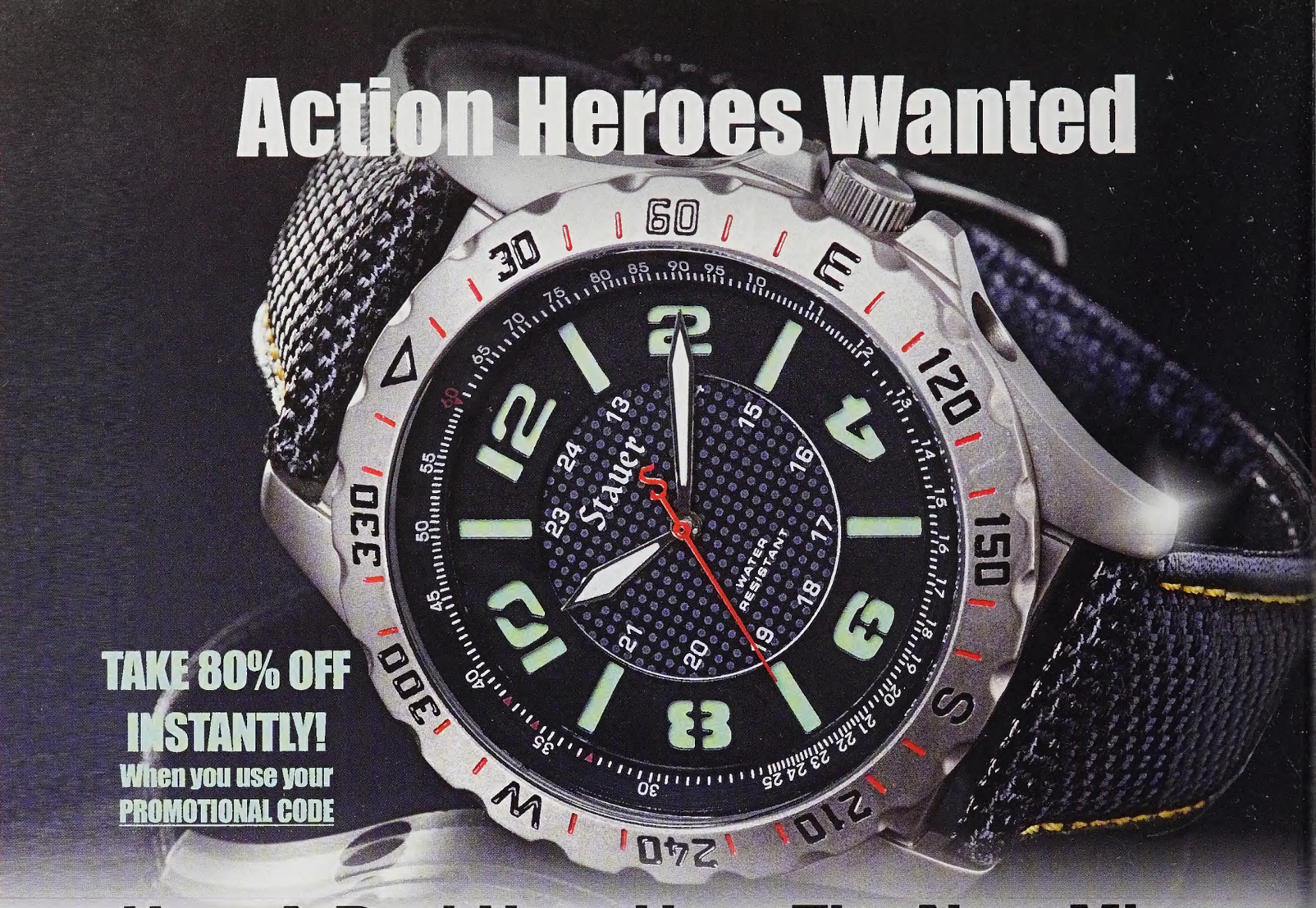
INSIDE:

Rare horses
FFA Camp, 1945
Solar outdoor lights

EPA proposes regulations on power plants—see page 4

Action Heroes Wanted



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How A Real Hero Uses The Next Minute

After leaving the local cinemaplex and watching the latest superhero smash through walls, fly at the speed of sound, and crush the mutant aliens all done with the latest in computer graphics I was left a little cold. I checked my *TAC-7* watch and that was two hours and four minutes wasted. What would a real hero do with those precious minutes?

We Only Need to Look Around Us to See the Real Thing. We know those movies aren't real. The honors need to go to our live action heroes where every second carries risk: The firefighter in a 3 alarm blaze, the police officer racing to the scene, an ambulance driver trimming lifesaving seconds at breakneck speed, the nurse in the emergency room timing heart rates, and the Coast Guard rescue in 20 foot seas.

And without a doubt, there are over 2 million Action heroes who sign up for danger from the minute they enlist in our military. Each rely on their training every day so that they synchronize their actions and save lives.

Real life action heroes live next door and down the street and in our own homes. Some are overseas and some are in peril at this very minute. No capes or super powers, only bravery, sacrifice, and precision.

We will not pay a licensing fee to the movie studio so that we can say this watch was worn by a fictional spy or by a guy wearing spandex hanging from a wire in front of a green screen and then charge you big money for the privilege.

The *TAC-7* was made for our real action heroes. It is made from super tough stainless steel with luminous hands and markers that can be seen in any dark spot. The precision movement oscillates at 32,768 Hz for astounding accuracy. The timepiece is water resistant and carries a two year warranty on the movement so there is no reason to treat it gently.

And since we never really pay our heroes anywhere close to enough, we price the *TAC-7* for the real world. The watch was originally $299 but for the next few weeks, the *TAC-7* is only $59.

The *TAC-7* is for the real action heroes among us. And because of that we will be donating part of the proceeds to the USO and the Red Cross. To the real heroes.

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July 2014
Volume 46, No. 7

FEATURES

6 *A Life of Love and Compassion*
Tammy Simmons is inspired by her Aunt Sandra.

10 *Thinking of Replacing Your Windows?*
Use this decision-making tree.

12 *It's a People Business*
Brunswick EMC's Chip Leavitt learned a long time ago that electricity is "a people business."

14 *Rare Horses*
North Carolina farms are preserving the heritage and beauty of these breeds.

16 *Green and Growing*
Cooperative Extension reaches people in more ways that you may think.

18 *Taking Chickens to Summer Camp*
Lynn Dyson recalls the summer of 1945, when he attended FFA camp at White Lake.

26 *The Milkman's Daughter*
And other things you remember.

FAVORITES

4 **First Person**
Realistically speaking.

8 **More Power to You**
Why not bury all power lines underground?

20 **Photo of the Month**
"Opening a Grave."

25 **Where Is This?**
Somewhere in Carolina Country.

28 **Carolina Country Store**
Lee Smith's new book.

30 **Try This!**
Solar-powered outdoor lighting.

32 **Energy Cents**
When your A/C conks out.

34 **Joyner's Corner**
The value of the Fourth of July.

35 **Marketplace**

36 **Compass**
Adventures in Rowan County.

40 **On the House**
Keep a kitchen cool.

41 **Classified Ads**

42 **Carolina Kitchen**
Milky Way Poked Cake, Bacon-Cheddar Deviled Eggs, Mushroom-Stuffed Cheeseburgers, Maple Pecan Brussels Sprouts.

ON THE COVER

Sadie Jane Byrd in Ashe County loved helping her Mee Maw in the garden last summer, especially getting the fresh corn. She shucked an ear and bit right in. It wasn't the taste she expected, but she continued to eat it raw. The photo is by her mother, Sarah, a member of Blue Ridge Electric.

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Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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Realistically speaking

by Joe Brannan

Like everyone else in the energy business, the nation's electric cooperatives in early June paid close attention to the Obama Administration's announcement of proposed regulations on existing power plants. As part of the President's Climate Action Plan, the U.S. Environmental Protection Agency (EPA) proposed the first-ever carbon pollution guidelines for existing fossil-fuel power plants. Our concern comes from the same place it always does: What impact will these regulations have on the rates our members pay for electricity?

The EPA's regulations are intended to help meet a goal of reducing by 30 percent the nation's production of greenhouse gas emissions, such as carbon dioxide, by 2030. While fossil fuel-powered vehicles also contribute to these emissions, coal-fueled electric power plants contribute about 40 percent and are in the crosshairs of the proposed EPA regulations.

Although the level of carbon emissions has been declining—due in large part to the increased use of natural gas to fuel power plants—the ambitious target of a 30 percent reduction in 15 years borders on the unrealistic. While our industry, and cooperatives in particular, are already developing and testing technology that can burn coal more cleanly, what is technically feasible is not yet commercially viable. Yet, viable options do exist: improve the efficiency of existing facilities with emission control technologies, build new nuclear or natural gas plants, and add energy efficiency and renewable resources to the mix. Regardless, building new plants and deploying new technology will add to the cost of compliance.

In North Carolina, closing coal-fueled generating plants to comply with these regulations is quite likely. That generating capacity will need to be replaced with new, more expensive facilities. New emissions regulations also mean a complex, lengthy permitting and construction process, which could delay bringing new plants online.

Electric cooperatives will be engaged during the comment period for these regulations. The Obama Administration has asked for the rules to be finalized by June 2015 and for states to offer their implementation plans a year later. EPA has given each state a target. North Carolina's target is to decrease emissions 39 percent by 2030. We do applaud the EPA for allowing states flexibility in meeting these goals, but this aggressive target will be very expensive to achieve.

It will take months for us to pore through the regulations, get a sense of their economic impact, and work with the state to develop a plan. Throughout the process our commitment will remain: keep costs down and maintain reliability.

North Carolina's cooperatives have always maintained a diverse power supply portfolio. More than 50 percent of the power supplied by the state's cooperatives is generated from emission-free nuclear power and renewable energy resources. Although the state's cooperatives don't own coal-fueled power plants, coal is part of our fuel mix through power purchase agreements. Even so, we are not immune from the cost pressures affecting the electricity industry as a whole.

Investing in new power plant technology is not the only major cost facing the industry. We're also investing in renewable energy, improved distribution technology, cyber security, and in upgrading transmission systems and the grid in general. At the same time, we supply member-consumers with energy-efficiency systems and information. Energy efficiency does carry a cost, but it goes a long way toward mitigating cost increases in other areas.

For more than 75 years, electric cooperatives have been planning and operating safe, efficient electricity delivery systems. We know the business in all its complexity. Your cooperatives are confident that there is a balanced way to protect and improve the environment, while protecting and improving our way of providing safe, reliable and affordable electricity. We ask EPA and the state to listen.

Joe Brannan is CEO of the North Carolina Electric Membership Corp., the power supply cooperative based in Raleigh and owned by 25 of the state's electric cooperatives.

COOPERATIVE ACTION NETWORK
Send your message to EPA: action.coop

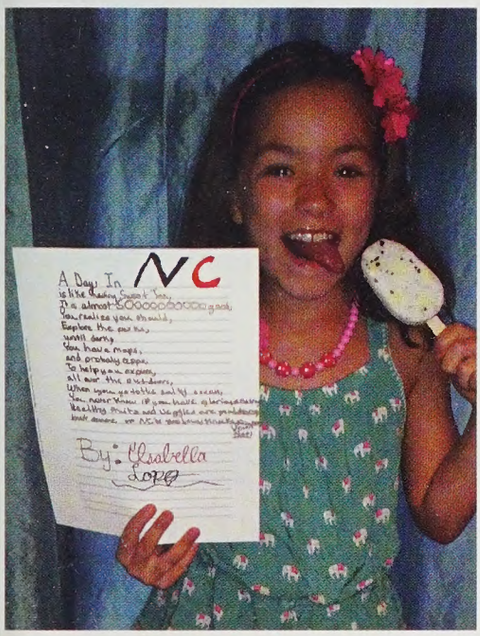
Post your pictures with us

We love getting so many photos from the Carolina Country family. Now that mobile phones and tablets have built-in cameras, we get far more pictures than we used to, and far more than we can publish here. Try posting yours to our Facebook. It's quick, and there's a growing Carolina Country family there, too.

—The Editors

A day in N.C.

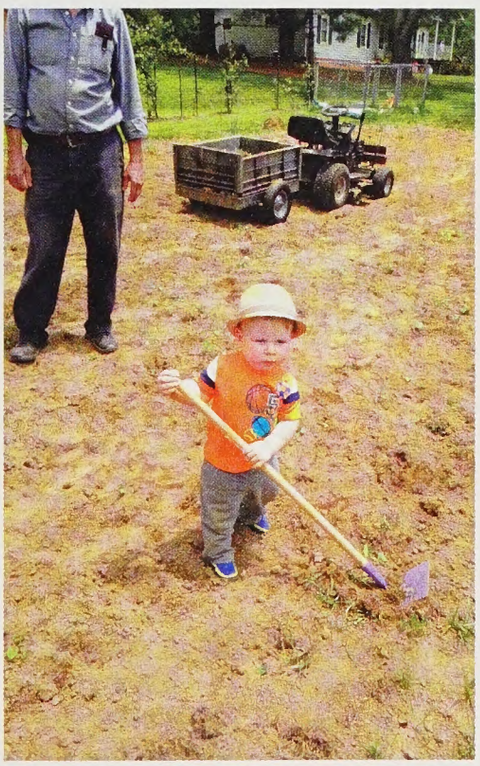
A 9-year-old fourth grader at Jones Dairy Elementary in Wake Forest, Isabella Lopez submitted the following verse as part of her North Carolina Project. She is the daughter of Victoria and Willy Lopez, members of Wake EMC.



A day in NC is like having Sweet Tea.
It is almost soooooooo good,
You'll realize you should
Explore the parks
Until it is dark
You have maps
And probably apps
To help you explore
All over the outdoors
When you go to the salty ocean
You never know if you'll have glorious emotion
Healthy NC fruits and veggies are good to eat
But some of NC's food may knock you off your feet!

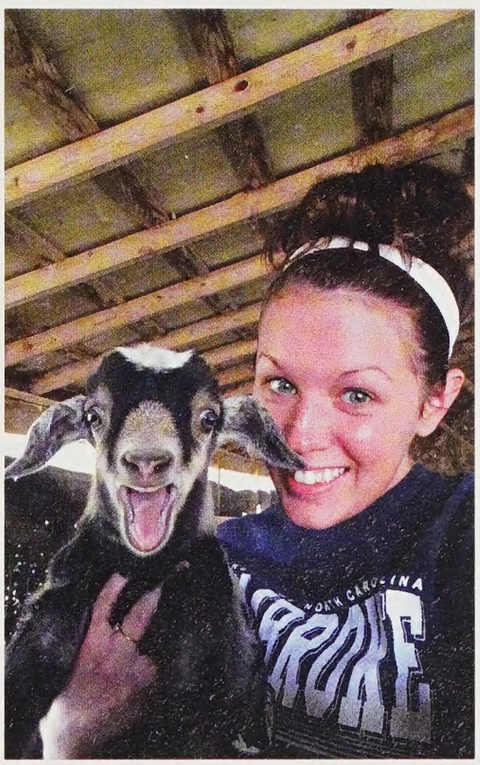
Seeing double
After a May 23 hailstorm in Calabash.

Frank Ellison, Clemmons, Brunswick EMC



Almost done
We train them young out here.

Patty Sneed, Marion



Dexter mugging
Posing for the photo is one of my baby goats, Dexter, who was born on our family farm this spring.

Valerie Simpson, Monroe
Union Power Cooperative

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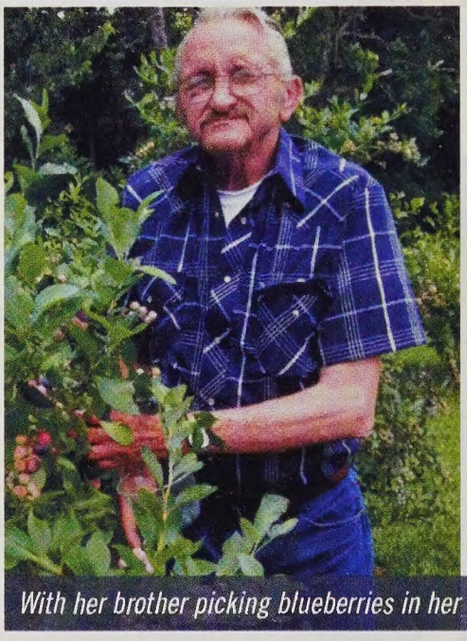
Aunt Sandra in high school.

With her husband.

With her mother.



With her brother picking blueberries in her backyard.

A life of love and compassion

by Tammy Simmons

My Aunt Sandra was born in 1945. As a child, her parents taught her to put God first, to work hard and help others. When she was only 15, her mother became ill and was hospitalized for 16 days. Aunt Sandra stayed home from school and took care of her two siblings and her crippled father. She cooked, cleaned and led her family through the daily tasks. When her mother came home, Aunt Sandra returned to school.

At age 16 she met her husband while working in the fields, and two years later they married. Aunt Sandra left her parents' home and started one of her own.

In 1974, her father died, so her mother came to live with Aunt Sandra. While working a full-time job, my aunt tended a garden and took care of her mother and husband.

In 1989, her mother became ill again, so Aunt Sandra for two months stayed by her mother's side as she grew weaker with each passing day. As she lay dying, Aunt Sandra's mother told her that Jesus was coming to take her home, and He did.

Ten years later, Aunt Sandra's husband became ill, so she stayed by his side until he died in 1999.

Then in 2003, Aunt Sandra's brother became ill and went to a nursing home. Visiting her brother three to four times a week, she sang and played gospel songs on the piano for him. After her brother was released from the nursing home in 2006, she still sang and played music for him when he visited on the weekends. She also read The Holy Bible to him in the afternoons as they sat together on the front porch. Sometimes they would pick blueberries in the backyard. When her brother died in 2009, doctors told Aunt Sandra he had lived three years longer than they had expected.

Now 68 years old, she continues to make a difference, serving her church's food program, participating in a local clothes closet, and visiting family and friends in nursing homes. Aunt Sandra's devotion to helping others with love and compassion has set an example for me to follow.

Tammy Simmons lives in Magnolia, Duplin County, and is a member of Four County EMC.

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At work in Washington

Board members and staff from North Carolina's electric cooperatives met with Congressional representatives and staff in Washington this spring to discuss issues affecting cooperatives and their communities. Shown clockwise from left are: Rep. G.K. Butterfield Jr. with Roanoke Electric's board president Allen Speller; Rep. Walter B. Jones Jr. with Jones-Onslow EMC's district vice president Ricky Maready, Edgecombe-Martin County EMC's board president Millie Lilley and NCEMC's director of government affairs Jay Rouse; Rep. Mark Meadows with Blue Ridge Electric board member Charity Gambill-Gywn. (Photos by Mike Olliver)

Why not bury all power lines underground?

In many cases, electric cooperatives place power lines underground in places where new construction is under way, such as in new housing developments. Aesthetics is the main reason power lines are buried in new construction projects, and they do fail less frequently than overhead lines, but underground lines are not without problems.

Although technologies have improved in recent years, when problems occur on underground services, they take longer to find and fix than problems on overhead lines. Additionally, the cost of installing underground cable is much higher than building overhead lines.

Underground services have about half the expected life of equivalent overhead lines, and they are much more expensive if they need to be replaced. Replacing 30-year-old underground cable can cost about three times what it costs to maintain overhead lines over 30 years.

While it may make sense to go underground with power lines in new developments, replacing existing overhead lines in developed areas is not usually a financially feasible option. It's costly to install lines in a way that minimizes disruption to residents and businesses. Replacement means disturbing existing landscaping and boring under existing driveways. The work can cause accidental damage to other utility lines such as cable, phone or water.

Also, underground power lines can be damaged accidentally by crews working on other underground utilities or building projects.

Today, overhead lines are still more affordable to construct, repair and maintain. They're more accessible for inspections, maintenance and repair. Damage and faults on overhead lines can be visually identified, and repairs are usually made quickly Those factors come into play prominently when bad storms and hurricanes strike and crews need to quickly find and fix problems.

CO-OPS & COMMUNITY JOBS

Blue Ridge Electric's CEO Doug Johnson (left) with Exela CEO Dr. Phanesh Koneru and Deborah Murray of the Caldwell County Economic Development Commission.

Blue Ridge EMC helps manufacturer expand

Exela Pharma Sciences, LLC, has expanded its manufacturing facility thanks to a $1 million, zero-interest USDA Rural Economic Development loan secured by Blue Ridge EMC, headquartered in Lenoir. Exela itself committed major funding to the project. The co-op's funding purchased machinery and equipment, and helped with renovation and construction costs.

Exela Pharma Sciences, LLC, is a pharmaceutical manufacturing company in Lenoir. The company develops and manufactures generic injectable, ophthalmic and inhalation pharmaceutical products at its Caldwell County location. The loan allowed the facility to expand operations, not only saving jobs, but also increasing positions: so far, the expansion has added more than 40 jobs, and the company plans to add another 40 positions in the coming years.

Blue Ridge Electric continues to work with the Caldwell Economic Development Commission to strengthen the economy of an area that has been significantly hurt by job loss in furniture manufacturing. Diversification of jobs is a key emphasis in this effort.

"We are very dedicated to the critical issue of economic development and are working in multiple ways to support job retention and job growth, so we're very excited to be approved for these funds that helps Exela and our local community," said Doug Johnson, CEO of Blue Ridge Electric.

USDA's Rural Economic Development Loan and Grant program provides zero-interest loans and grants to utilities, which in turn lend the funds to local businesses for projects that will create and retain employment in rural areas.

Were you on the Youth Tour to Washington?

If you're a former member of North Carolina's delegation to the Rural Electric Youth Tour to Washington, you are invited to meet up with others like you for a reunion in Raleigh on Saturday, Aug. 9. Bring your family and enjoy the food and 50th anniversary festivities from 1 to 5 p.m. at the Raleigh Convention Center, 500 S. Salisbury St.

Each year, electric cooperatives nationwide send rising high school seniors to the nation's capital for a week of learning, meeting government representatives, sightseeing, cultural tours and events. Many North Carolina Youth Tour travelers make friends for life.

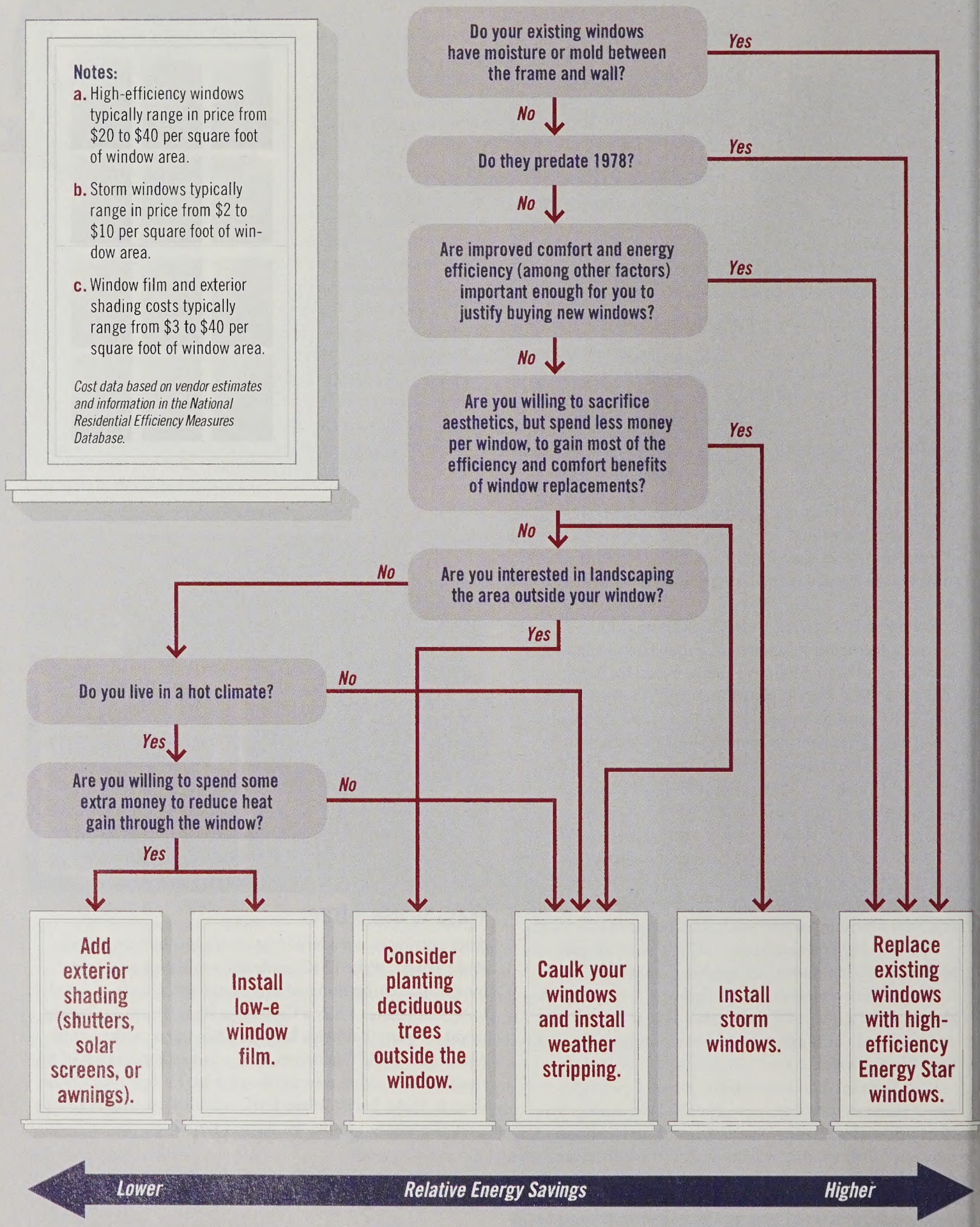
Tickets cost $20 for an individual, $50 for a family. Register at http://register.ncemcs.com. Direct questions to Donna Cavanaugh, (919) 645-2429 or (800) 662-8835, ext. 2429, or donna.cavanaugh@ncemcs.com.

Ways to use a tree

After cutting down a large tree on its new building site in Wake Forest, Wake EMC made the wood go a long way locally. The co-op donated three large truckloads of wood to St. Catherine of Siena Church in Wake Forest for its firewood mission that helps keep families warm in the winter. Also, Neil "Buck" Buchanan took a forked top section of the tree to create a chainsaw carving for his Lumpy's Ice Cream shop in Wake Forest. Wake EMC will also use two large logs from the tree as lumber for its new building.

Thinking of improving the energy efficiency of your windows?

Use this decision tree


Notes:
a. High-efficiency windows typically range in price from $20 to $40 per square foot of window area.
b. Storm windows typically range in price from $2 to $10 per square foot of window area.
c. Window film and exterior shading costs typically range from $3 to $40 per square foot of window area.
Cost data based on vendor estimates and information in the National Residential Efficiency Measures Database.
Do your existing windows have moisture or mold between the frame and wall?
Yes
No
Do they predate 1978?
Yes
No
Are improved comfort and energy efficiency (among other factors) important enough for you to justify buying new windows?
Yes
No
Are you willing to sacrifice aesthetics, but spend less money per window, to gain most of the efficiency and comfort benefits of window replacements?
Yes
No
Are you interested in landscaping the area outside your window?
No
Yes
Do you live in a hot climate?
No
Yes
Are you willing to spend some extra money to reduce heat gain through the window?
No
Yes
Add exterior shading (shutters, solar screens, or awnings).
Install low-e window film.
Consider planting deciduous trees outside the window.
Caulk your windows and install weather stripping.
Install storm windows.
Replace existing windows with high-efficiency Energy Star windows.
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Higher

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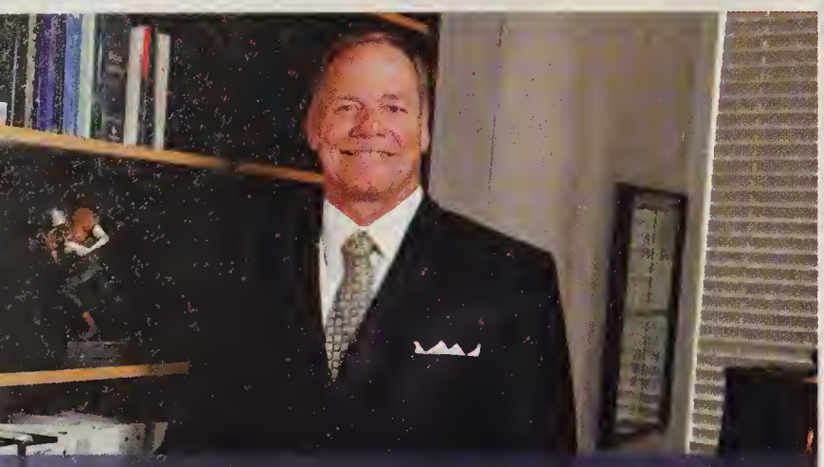
AFN46001

"Always remember that electricity is a people business"



Chip Leavitt retires this summer as CEO of Brunswick Electric.

Remembering the human side of the business helped keep every decision in perspective for Robert W. Leavitt Jr. (better known as "Chip"), who is retiring as CEO of Brunswick Electric Membership Corporation. This was brought home to him early in his career at the co-op.

In the summer of 1983, Hurricane Diana blew in with devastating damage to the entire BEMC system. Operations needed every pair of hands they could get out in the field, and they called Chip outside. He showed up to join the crew in summer construction garb—shorts and t-shirt—and soon learned why linemen always work in long pants regardless of the weather: snakes, bugs and scratches from the brush. With virtually the whole electric system down, he worked long hours learning how to restore power from veteran linemen like Bobby Gore, Don Hughes, Reno Coleman and William Lennon. Late in the day, a woman with several small children approached the crew to offer them some warm Cokes.

"Seeing that family and how willing they were to share what they had with us despite having no power or water for several days really brought home the human element to me," Chip said. "To restore her power we needed a ladder that we didn't have. My safety supervisor today would be horrified to know how we accomplished that repair, but we simply couldn't walk away. We did what we had to do and made a human ladder to reach the connection on her house."

Working alongside the line crews in that storm and 21 more major storms over his 32 years at BEMC, Chip Leavitt never forgot the impact of power outages on people, families and businesses.

"That's the beauty and strength of the cooperative business model," he said. "It provides fair representation to all geographic and economic groups with input from all. We have to answer to our members – that's accountability."

Leavitt grew up in northern Virginia, played college football at East Carolina University and came to southeastern North Carolina as financial officer for the Whiteville Board of Education. BEMC's general manager David Batten soon recruited him to join the cooperative. Leavitt credits Batten and office manager Doris Redwine for helping him lay the foundation for his career at BEMC. Leavitt was named general manager in 2000, following Batten's untimely death.

As CEO, Chip's challenge was to balance the interests of the co-op's board, members and employees. He always encouraged ideas from everyone and weighed the impacts on all areas. That ability to see the bigger picture served him and the co-op well.

BEMC is the state's second largest co-op, serving over 86,000 locations in Brunswick and Columbus counties and parts of Bladen and Robeson counties.

During his tenure, BEMC technology changed dramatically, transitioning from member-read meters to BEMC meter readers to today's AMI (automated meter infrastructure); from basic computerized billing to today's variety of billing and payment systems, as well as automated outage reporting.

Always looking for better ways to serve the members, Leavitt oversaw the development of an innovative prepaid program that has served as a model for other co-ops.

Technical advances like these depend on a reliable communications system, so he made sure BEMC built a fiber communications network connecting all components of the system.

He took the underground conversion program started by David Batten to new heights by enlisting the help of U.S. Rep. Mike McIntyre to orchestrate a rare meeting with the head of FEMA (Federal Emergency Management Agency). This resulted in BEMC receiving a total of $13 million in grants toward a $23 million cooperative effort with local towns to convert over 100 miles of overhead line to underground.

The successful project virtually eliminated the repeated damages from multiple hurricanes in the coastal areas so that the co-op was better able to deploy its resources. Chip also fully supported an aggressive right of way maintenance program throughout the system to enhance reliability.

Another part of Leavitt's legacy is a host of community programs—Bright Ideas, community grants, college scholarships, $11 million in weatherization loans to members, and the Warm Homes, Warm Hearts community heating assistance program.

Other challenges included managing a growth spurt in the 1990s and integrating renewable energy into the power mix.

On state, regional and national levels, Leavitt served as president of the co-ops' statewide power supply cooperative and strengthened relationships with national co-op groups.

Under his leadership, BEMC was one of the first distribution co-ops to earn a bond rating from Standard & Poor's, opening up new sources of financing. By accelerating the return of capital credits to members, the return cycle was reduced to less than 20 years, with more than $21 million returned to the community.

Leavitt is leaving BEMC in solid shape. He sees great potential but a strong need to avoid the extremes of regulation and distributed generation. "Always remember the impact on the people," he says. "Keep power both reliable and affordable."

Thanks to the communications staff at Brunswick EMC.

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Rare Horses

North Carolina farms are preserving the heritage and beauty of these breeds

By Margaret Buranen

Mention endangered species and most people think of tigers and other exotic wild animals. But endangered also applies to livestock: horses, cattle, chickens, pigs, rabbits and others.

Individual breeders and owners across the country work hard to keep rare livestock breeds alive. They are helped in their efforts by two North Carolina organizations, The Livestock Conservancy and Equus Survival Trust.

Equine breeds with fewest numbers (less than 200 registered births annually, estimated global population of less than 1,600) include American Cream and Suffolk draft horses, Cleveland Bay, Hackney Horse and Newfoundland Pony. Also in critical status are the various strains of the Colonial Spanish Horse (North Carolina's state horse), such as Banker, Shackleford and Oracoke, and the Foundation Morgan, Caspian and Shire.

The Shire

"Riding a Shire is like riding a Lazy Boy," says Dayla Kohler, breeder of these rare horses at her Walnut Cove farm in Stokes County.

The Shire is the tallest breed of horse. Shires average 18 to 20 hands tall. (A hand measures every four inches, from ground up to a horse's withers or shoulder-neck area.) Ancestors of modern day Shires carried knights into battle during the Middle Ages. Shires and other draft horses helped settle America by pulling wagons across trails and plows through fields. Shires are still used in farming and logging.

"Shires are the epitome of gentle giants," Kohler says. "They're so docile, so willing to do what you want. They're good family horses, good horses to have around kids. They're not going to run off with them, and Shires can hold a six-foot, six-inch 250 pound man."

Shires are excellent for trail riding, "a comfortable, relaxing ride," says Kohler, who likes to ride without a saddle. "They're amazing, pulling a cart. It's hard to resist those feathers [on their lower legs]."

Every year Kohler organizes a Parade of Breeds show at the Stokes County Fair. She brings her Shires and arranges for other rare horses to appear.

The Fell Pony

Victoria Tollman in Lowgap, Surry County, is executive director of the Equus Survival Trust, which works to promote rare breeds of horses and ponies. She helped take Fell ponies from critical status, with less than 20, to over 500 in the U.S. now.

"If you can only afford one horse for the family and you don't want something full sized, get a Fell pony," Tollman says. "Most adults can ride them unless they're really tall."

Bred as pack ponies that could carry 250 pounds, Fell ponies traveled 200-mile circuits in northern England, before railroads developed. Fells are usually black with an adorable shaggy-haired look because their manes are not clipped for showing.

"They're great for driving and can jump," says Tollman. "A great all-around pony."

"Riding a horse is not a gentle hobby, to be picked up and laid down like a game of solitaire. It is a grand passion. It seizes a person whole and, once it has done so, he will have to accept that his life will be radically changed."

—Ralph Waldo Emerson

The Caspian

Tollman is now focused on helping Caspian horses, once considered extinct. These small (averaging 11.3 hands) hot-blooded horses were bred in ancient Persia (Iran) to pull warriors' chariots. They look like smaller Arabians, but predate them by 2,000 years.

"A Caspian is an excellent 'first pony' for a child," Tollman says. "They're dog-loyal, very intelligent, excellent jumpers, and anybody can drive them."

The Morgan

Ina Ish of Siler City first rode a sturdy, handsome Foundation (aka Traditional) Morgan when she was a teenager. "I passed out while riding, and when I came to, the horse had not moved one single step!" she says. "He could have dumped me and run, but he didn't. So in addition to aesthetically pleasing me with the Baroque look, I fell in love with the Morgan mind and heart."

Ish describes Foundation Morgans as "people" horses, saying, "They genuinely care for their owners and are very intelligent, never quit, will try for you all day long, take care of you and be your friend."

Foundation Morgans descended from the original Morgan horse bred in Vermont. They were taken west by pioneers, U.S Cavalry troops, and the Pony Express.

Ranchers used them to work cattle, and still do.

Morgan breeders later began crossing their purebred horses with Saddlebreds and other breeds to produce a taller, lighter Morgan.

Ina Ish describes the Foundation Morgan as primarily "the working horse it was bred to be" and "the Cadillac of driving horses."

Quick on their feet, Foundation Morgans range from 14.1 to 15.2 hands, though some are taller or shorter. Colors include bay, chestnut, black, gray, even palomino and multicolored splashes.

Foundation Morgan breeder Tonya Bruno of Hillsborough (a member of Piedmont EMC) also discovered her ideal horse as a teenager. She worked at a barn that had "a beautiful Morgan gelding there who epitomized the Morgan horse from [the children's book] 'Justin Morgan Had a Horse.'"

Later, "I went searching for my first horse to own, that beautiful, versatile horse. I was shocked and frustrated at how difficult it was to find them!" Bruno says.

Sustaining the breeds

Located in Pittsboro, The Livestock Conservancy helps would-be owners, like Bruno was then, find breeders of rare livestock. It keeps tabs on the numbers of animals of about 200 rare breeds.

"These rare breeds are part of our national heritage and represent a unique piece of the earth's biodiversity," says Eric Hallman, TLC's director.

Jeannette Beranger, TLC's research and technical programs manager, says that increasing the numbers of rare horses is challenging. "Fewer and fewer people can afford to keep horses, and even less can afford to breed them."

She's encouraged, though, by one trend: "As people are becoming more interested in sustainable agriculture, horses are often seen as a more cost-effective choice than a tractor."

Hallman agrees: "This new agriculture needs exactly what endangered breeds have to offer: thriftiness, hardiness, self-sufficiency, intelligence, easy births, good mothering ability, long lives."

Shires, Foundation Morgans, Caspians and Fell Ponies are quite different from each other, but they're all fortunate to have these dedicated North Carolinians working on their behalf. The passion and knowledge these breeders and specialists have will help make these special equine breeds less rare and even more appreciated.

Margaret Buranen writes the "Horses, Horses" blog for the Lexington (Ky.) Convention and Visitors Bureau at visitlex.com.

To Learn More

- livestockconservancy.org
  equus-survival-trust.org
  cornerstonemorganclub.com
  fellponysociety.org
- Kohler Farms—A Shire Horse Breeder (Facebook)
- **See rare horses:**
  Stokes County Fair,
  Sept. 11, 2014
  Old Salem Museums and Gardens, Winston-Salem

Green and growing

by Carole Howell

Today's North Carolina's Cooperative Extension Service, celebrating 100 years, reaches more people than you may think in more ways than you may imagine.

With its history of responding to needs relevant in times of economic depression, war and disasters, and rooted in agriculture, research and education, the service continues to evolve.

Learn more about the history of North Carolina Cooperative Extension: ces.ncsu.edu/history

See a slide show of historical photos showing Cooperative Extension at work in North Carolina: carolinacountry.com

Here's just a short list of some of the surprising ways Cooperative Extension is changing lives in North Carolina.

Much ado about agriculture

More and more people in the state are exploring farming as a hobby or even as a vocation. In 2011, North Carolina's Cooperative Extension Service in Davidson County responded by creating the first Farm School for beginning and experienced farmers.

"We thought that if we got 10 participants, we'd do well, but from the start we had more than 30 and a waiting list," said agricultural Extension agent Amy Lynn Alberson of Davidson County.

The state quickly expanded the program to three Farm Schools: Piedmont, Foothills, and Sandhills. Coordinators hope to add a fourth school next year.

4-H growing future leaders

Youth development is a key focus for Cooperative Extension. Guided by educators and adult and teen volunteers, today's 4-H Club members are involved in social, energy, environmental issues and community service. Each year, more than 4,000 participants learn life skills at one of three 4-H camps, and thousands more participate in afterschool and special interest programs, such as beekeeping and energy science, at the local level.

Audra Ellis of Lincoln County, and her 5-year-old daughter, Addi, represent four generations of 4-H. "When my mother was in 4-H it was all about canning and sewing," said Ellis. "Today they're learning about interview skills, resume writing, budgeting and technology. 4-H has evolved with the times."

E-Conservation equals savings

Controlling energy costs is high on the list for consumers. The E-Conservation program uses workshops, an extensive website, and in-home energy audits to educate homeowners. The program supplies energy kits and, in some cases, helps with home improvements and minor retrofitting.

"We help people realize that there are easy and inexpensive do-it-yourself solutions to wasted resources and higher bills," said Laura Langham of Youth, Family, and Community Sciences at the N.C. State University's Cooperative Extension Service.

Education to fight obesity

"Eat Smart, Move More North Carolina" combines education about healthy eating and physical activity with opportunities to practice lifestyles to prevent obesity.

"We're showing people how to make better choices in what they eat, and we can do this by making healthier food available and easy to access," said Carolyn Dunn, professor, N.C. State University, N.C. Cooperative Extension and lead writer of the "Eat Smart, Move More North Carolina" obesity prevention plan.

Professor Dunn added that besides

Left top: *North Carolina's Cooperative Extension Service organizes and promotes the local foods movement. Its 10% Campaign encourages consumers to spend 10 percent on their food budgets on local produce and meat products.*

Left bottom: *Pender County Master Gardeners answer questions during a recent herb fair.*

Right bottom: *Lee Menius (far left) welcomes Farm School participants to tour his poultry and livestock operation, Wild Turkey Farms in Rowan County. Both Menius and his wife, Domesty, graduated from the NCSU College of Agriculture and Life Sciences.*

Right top: *North Carolina's 4-H members demonstrated outdoor cookery during the 2013 4-H Congress at North Carolina State University.*

nutrition education, they're working to foster policies and environments for physical activity from toddlers to adults. They strive to reach every audience they can to help more people maintain a healthy weight.

Master Gardeners

Cooperative Extension's Master Gardener volunteers extend a green thumb to homeowners by sharing their passion and expertise for everything that grows. Since 1979, these lifelong learners share advice for making environmentally responsible decisions about gardens, lawns and landscapes.

For example, recent Master Gardener workshops in Haywood County included topics such as water conservation and quality, composting and earth-friendly lawn and turf management skills.

"We're way more than pretty plants," says Lucy Bradley, Extension specialist in urban horticulture.

Local foods fresher

Community farmers markets are blooming, many driven by Cooperative Extension local foods coordinators in each North Carolina county to help farmers find a market for their farm-fresh, home-grown produce, meat and seafood.

Since 2010, the 10 Percent Campaign has encouraged consumers to spend 10 percent of food dollars on locally grown and produced foods. Schools, restaurant owners, large-scale grocers and individuals are getting involved, resulting in well more than $60 million dollars spent on locally produced foods to date.

Plowing ahead

Never content to rest as long as there's work to be done, North Carolina's Cooperative Extension Service plans to remain vital and relevant for the next 100 years.

In September 2013, Extension launched a strategic planning initiative to respond to changes in the social, political, economic and technological environment.

"It's an ideal time to celebrate our success and to look at how we can maintain that success," says Justin Moore of Extension communications, who adds that this summer they plan to roll out some of the changes that will take place over the next two years.

"Our vision is to make sure that we align our financial, human and research resources to our core of agriculture, food and youth development," says Joseph Zublena, associate dean and director of the N.C. Cooperative Extension Service. "We'll be high tech, but maintain our commitment to high-touch. Face-to-face contact has kept us ahead of the game when issues emerge."

He puts a fine point on it: "We're known as the state's best-kept secret, but we don't want to keep it that way."

Get answers

So what do you want to know? From food safety to farming, local foods to healthier families, raising chickens to creating a colorful garden, North Carolina's county Extension agents have answers you can use. All you have to do is ask. Find out what your county offers at ces.ncsu.edu/counties.

Carole Howell is a freelance writer farming in Lincoln County. She is a member of Rutherford EMC. See her work at walkerbranchwrites.com

Natalie Hampton

Natalie Hampton

Helping young people become great citizens and leaders

North Carolina's electric cooperatives' deep-rooted relationship with Cooperative Extension is most evident today in their support of the North Carolina 4-H youth development program that blankets much of the electric cooperatives' service territory.

A signature event is the annual 4-H Congress that brings together 600 young people representing every county in the state. 4-H delegates convene in Raleigh for workshops designed to expand their skills in leaderships, current issues and the democratic process. Over the years, hundreds of 4-H'ers have participated in the Touchstone Energy-sponsored Citizenship Track, which explores effective advocacy, the importance of having an educated citizenry and voting, and identifying how public policy can solve community problems. These young leaders visit the state capital to discuss local and state issues, meet with state legislators and participate in the recording of the public affairs television program "NC SPIN." 4-H'ers come away with a deeper understanding of how they can be advocates, and how they can bring about change in their communities.

The co-ops also are a sponsor of the Electric Presentation Awards, which are $50–$75 scholarships to 4-H Congress. To win an award, participants create presentations demonstrating their knowledge of electricity, conservation of energy, and related principles.

Some co-ops support livestock shows, youth camps and scholarships. Others provide electric safety demonstrations, participate in field days, donate materials for energy efficiency campaigns, have employees serve on advisory committees and support disaster preparedness programs. Several cooperatives host annual golf tournaments that collectively raise more than $50,000 for local 4-H programs across the state each year.

—*Lindsey Listrom*

FFA SUMMER CAMP

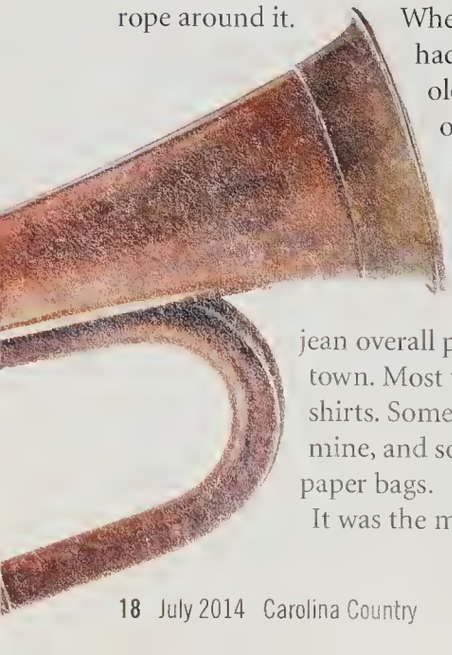
White Lake, 1945

by Lynn Dyson

In 1945, I looked forward to summer because I was saving money all year to pay my way to FFA camp. I grew up hearing about Millstone Future Farmers of America Camp at beautiful White Lake, N.C., and I really wanted to go. The fee for camp was $10 or $15. My granddaddy paid me 10 to 15 cents an hour to load corn or work in his tobacco field. The tobacco had to be primed, wormed, hoed and suckered. The whole time I was working, I dreamed about FFA camp.

Besides our clothes, here's what we were required to take to camp with us: a chicken foot (that means a live chicken), a pound of country ham, two pounds of fatback, one pound of butter (homemade from our farm, of course), one half-gallon of green beans (fresh or in the jar), two dozen eggs, one peck of peas, one dozen ears of fresh corn, one peck of "arsh" (Irish) potatoes, and one pint of jelly,

As departure day approached, I packed my change of clothes in an old trap of a suitcase and tied a rope around it.



When my mom and I were certain I had packed everything a 15-year-old boy would need, we met the other boys in Taylorsville at the crack of dawn on a Monday morning. What a sight! Chickens were tied all over the Alexander County courthouse lawn. Barefoot boys in blue jean overall pants spilled into the center of town. Most wore belts and solid open-collar shirts. Some boys had nicer luggage than mine, and some had cardboard boxes or paper bags.

It was the middle of summer—the hottest part of July. Sunscreen had not been invented yet, and most of us did not have caps. Some boys were already sweating and hot after a morning of chasing chickens. Yard chickens are pretty tough to catch. They roost in trees and can be right aggravating. My dad had a burlap sack for my chicken. We cut a hole in the sack so the chicken could sightsee all the way down the road. I was happy to see several Rhode Island Reds, because they have more meat on them compared to the Brown Leghorns. I thought about how good those chickens would taste once we got to camp. We'd feast on fried chicken, chicken and dumplings, and chicken pies. There was no such thing as chicken nuggets back then.

We spent some time putting the chickens into coops on the back of a pickup truck. We assembled the eggs into wooden crates and packed everything else as tightly as we could. It took one pickup truck to haul our stuff, and another to haul 12 or 14 us. Our advisor, Mr. Gryder, drove his car and took his wife. They also carried the butter in a cooler.

Once all our gear was loaded, we boys jumped into Mr. Ross Brookshire's Chevrolet pickup truck. His son Sam would drive. We knew this truck was one of the few pickup trucks in the county that could make the eight-hour trip from Taylorsville to White Lake. We stood shoulder to shoulder the whole way. It didn't seem so hot to us as long as we were traveling at the top speed of 45 miles per hour.

Right first: *I played varsity football for Taylorsville High School and graduated in 1950.*

Right second: *My 1945–46 picture. I attended White Lake FFA Camp in 1945.*

Right last: *For 33 years I worked for Southern Bell. This was in 1965.*

There was very little goofing off, because goof-offs had to do the chores twice the next day.

Rigorous action from morning 'til night

Boys from six or eight other high schools around the state also attended the FFA camp. We knew Taylorsville High School was best, and we were bound and determined to prove it.

Every morning, we were awakened with a bugle. First, we did calisthenics: jumping jacks, push-ups, waist bends, the duck walk and knee bends. After we recited the Pledge of Allegiance, we ate a hearty breakfast of ham and eggs. We washed the breakfast dishes and cleaned the tables. Next, we scalded and picked chickens, shucked corn, broke beans, scrubbed and peeled potatoes, and cleaned cabins. There was very little goofing off, because goof-offs had to do the chores twice the next day.

At 9 a.m., we began competing in horseshoes, volleyball, tug-of-war and ping-pong. We played "water ball," a baseball-like game played at White Lake. The lake was known for its clean, clear water. Most of us were used to a "branch" (small mountain creek) and found it fascinating to be able to count our toes when we stood waist deep in the water.

We also were fascinated with our FFA advisor's wife, Mrs. Gryder. How that small bit of a lady could float! All of us boys tried to float, too, and two or three of us nearly drowned trying.

At lunch and supper, they dished out generous helpings of chicken, potatoes, beans and peas.

Sometimes after supper, someone from the FFA organization would make a talk. Then we trudged to our one-room cabin. Bunk beds for 15 of us, two and three high, lined the screen wire walls. If it rained, we moved our beds to the inside and away from the walls.

While little foolishness was tolerated overall, someone could get "short-sheeted" as he went to bed. Of course, there would be peels of laughter from the rest of us. Lights out was 9 p.m. (We had no electricity at home, so electricity was a luxury I enjoyed at camp.) Worn to a frazzle, we were soon sound asleep.

Wednesday was a free day. We paid Sam 25 cents to take us to Carolina Beach. Sometimes at night, he would take us to the Goldston's Beach amusement park. If you had a dime, you could buy an RC Cola, Nehi Orange or Pepsi-Cola, and a pack of crackers.

Family camping

I grew up, went to work and got married. My wife, Dorcas, and I raised a family. We have enjoyed plenty of camping trips in our little pop-up camper. We did pack a few summer vegetables from our garden, but in all our years of family camping, we never once took any yard chickens along.

Lynn Dyson was born in Alexander County and graduated from Taylorsville High School in 1950. He retired from Southern Bell Telephone Company after more than 33 years of employment. He and Dorcas, who helped him submit this memoir, live in Statesville and are members of EnergyUnited.

Opening a grave

Carrying on a 109-year-old tradition, my husband, Joe Downs, and youngest son, Rufus Downs, are "opening a grave" for a departed loved one. Performed with love, honor and respect, the tradition has been passed down from generation to generation. Our family cemetery, located on Hurricane Creek in Haywood County, is accessed by an old logging road that was once a railroad. During the building of the railroad, many of the workers had babies who died. My husband's grandfather allowed them to bury their children there. The remains of our loved ones are transported by a hearse and then transferred to a pick-up truck to their final resting place, a piece of heaven on Hurricane Creek.

Cindy L. Downs, Waynesville, Haywood EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2014 photo contest ("Carolina Country Scenes," February 2014). See even more at the Photo of the Week on our website carolinacountry.com.

ADVERTISEMENT

Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!

I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

Turkey Neck, Cary, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream®.** This cream contains an instant lift ingredient that tightens the skin naturally, as well as deep moisturizing ingredients to firm the skin and make it more supple. Amazingly, the **Dermagist Neck Restoration Cream®** also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These stem cells are actually unprogrammed cells that can mimic those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck.

The Dermagist Neck Restoration Cream® is available online at **Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355.** Oh, I almost forgot… I was given a promo code when I placed my order that gave me **11% off.** The code was "**NCN14**". It's worth a try to see if it still work.

Bring the outdoors indoors

Enhance your home with nature's décor

When the weather conditions are good, a relaxing evening spent on the porch or patio is perfect for enjoying good company and the beauty of the outside world. But wouldn't it be nice to enjoy a bit of the outdoors indoors?

Bring the rejuvenating, refreshing and calming effects of nature into your personal space with a few simple touches. The best place for incorporating these organic elements is the space closest to your patio, deck or back door. Let this area serve as a transitional space where the outside world connects with the comforts of your interior.

Here are a few tips on bringing the outside into your home:

Choose natural materials and colors

For chairs, sofas, rugs, pillows and other décor, choose natural patterns, textures and fibers. Pair materials like hemp, rattan, bamboo, wicker and jute, with softer textures, such as cottons, velvet and velour for added dimension.

Pick chairs, sofas, coffee tables and buffet pieces that are white or ivory. These light colors will make the outdoor tints of greens, blues and browns pop. For the woodsy look, choose faux bois upholstery, a textile pattern that mimics the grain of wood.

Spruce up your view

Add trees or shrubs that bloom to serve as your focal point when you look outside. Attach window boxes and plant flowers in colors that complement your décor.

Pretty doors

Consider expanding your view by adding a pretty, glass door. Jeld-Wen is among companies that make decorative glass doors that are Energy Star-qualified, including a retrofit folding door. For more, visit jeld-wen.com.

Wicker and rattan are among natural materials you can use in your home.

Rustic and seaside

The right tchotchkes can evoke the serenity of nature within your space. For a rustic look, add dried flowers, pinecones, rocks, wood and straw. For a seaside touch, use sea shells, starfish and jars of sand for coastal inspiration. If you lack space to scatter items throughout the room, place the items in a large decorative bowl and use as a centerpiece.

Frame 'em!

One of the best ways to incorporate natural nuances is using your own scenic photos. Do you have good beach photos from that fun vacation at the Outer Banks? How about that trip your family took along the Blue Ridge Parkway or to the zoo? Display your beautiful memories. Dust off your favorite photos and place them in neutral-toned frames to set throughout the space.

—FamilyFeatures.com

Making summer count

Fun ways to help kids practice math skills

By Debbie Stringer

Kids may argue the point, but math lessons shouldn't be confined to the classroom. Kids should use math every day—even at home.

Practicing math during the summer break helps keep kids' skills sharp.

It's important for children to practice their math skills often so they don't experience what educators call the "summer slide." Students who let their math skills dwindle during the summer break might find it hard to keep up when class resumes in the fall.

So help your learners stay sharp by using numbers daily in fun and easy ways. Here are a few ideas:

Bake cupcakes

Help your child figure out how many cupcakes the muffin pan will hold, and how many batches will be needed to use up all the dough. Show him or her how to read a measuring cup and spoons. Explain the numbers involved not only in measures but in baking time and temperature.

Mix up some frozen lemonade

How much water should you add to the pitcher? How many eight-ounce glasses of lemonade will the package make?

Have em' make play money

Use crayons or markers for bills that feature a photo of a different family member or pet for each denomination. They can use their bills to buy and sell something among the family. Hide the calculator so they count and figure out change themselves.

Add numbers to creative play

For instance, have your child draw a big number nine. What color should it be? How can it be decorated? Encourage your child to draw nine of something, such as flowers, bugs, houses or stars.

Play license plate 21

When driving on a trip, ask the kids to pick a license plate each and add up its numbers. The one who gets closest to 21, without going over, wins. Play "I spy" by picking a number (a birth date works well) for kids to glean from signs, mailboxes, gas pumps, vehicles and railroad cars.

Find numbers at grocery store

Show your child how to weigh bananas to determine their price. Challenge him or her to find out how many ounces are in a quart of milk, and how many quarts make a gallon. If four candy bars sell for $2, how much is one bar?

Demonstrate fractions at mealtime

Show how you can serve, say, one pizza to four people by cutting it into eighths. Cut your child's sandwich into halves or a quesadilla into quarters. Let your child count out a handful of peanuts or grapes and divide them equally among others. See how far you can divide a piece of string cheese into equal parts, starting with halves, then quarters, and so on.

Debbie Stringer is editor of Today in Mississippi, the official publication for Mississippi's electric power cooperatives.

ID theft

Seniors, especially, should take care to prevent it

According to ID theft and consumer services experts, seniors are at higher risk regarding identity theft for a few reasons.

For one, seniors don't typically check their credit reports as much as younger age groups who may be buying houses or cars or similar "big ticket' items," says Ken Chaplin with Experian's ProtectMyID program. "That means they likely won't see when someone is using their identity to take out a loan or apply for other forms of credit, making seniors an easier target for identity thieves," he says.

Also, seniors may have high cash reserves or a large retirement account, and coming from a more crime-free era, can be more trusting than younger people. Here are some ways seniors can protect themselves.

Protect Medicare card

Don't carry your Medicare card in your wallet Instead, make a copy of it and block out the last four digits of your Social Security number so if lost or stolen the full SS# is not revealed.

Be wary of phoned requests

Seniors are often the target of phone scams. If a creditor or organization calls with a legitimate need for personal information (account numbers, Social Security number or credit card information), hang up and verify the phone number and the caller's legitimacy before calling back.

Secure mobile devices

When traveling, consider purchasing a portable router to create your own Wi-Fi hotspot when using your laptop, tablet or smart phone on the road. You'll need a local SIM data card, which is available at electronic stores and, sometimes, airport kiosks. This will help you avoid using public Wi-Fi spots.

Protect your computer

Consult with a network professional to ensure your computer system is secure. Install antivirus software, anti-spyware and firewall software to prevent cyber-programs that steal personal information. Use unique passwords for your computer and online accounts and change them on a regular basis.

Secure your information

Leave Social Security numbers, checks, credit cards, Medicare cards and financial statements in a locked security box at home or other secure location. If you are ever admitted into the hospital or other care facility, credit cards and personal documents should be locked up or in the hands of someone you trust.

If you are ever admitted into the hospital or other care facility, credit cards and personal documents should be either locked up or be with someone you trust.

Shred it!

If not necessary to hold onto, shred documents (credit card statements, bills, credit card receipts, tax returns, unused checks, canceled checks and credit reports) that contain account information, Social Security numbers, PINs or sensitive information. Also destroy expired credit cards and driver's licenses. Never leave receipts at bank machines, bank counters, trash receptacles or unattended gas pumps.

Check your credit regularly

At least once a quarter is recommended to make sure no suspicious activity has occurred.

N.C. resources

Filing a police report triggers helpful protections under state and federal law. If your identity has been stolen and you know where it occurred, the North Carolina Department of Justice suggests filing a police report in that locale. An example is your credit card number being used in another town. You can also file a police report where you or a suspected thief lives. Be sure to get a copy of any report.

North Carolinians can also get free security freezes online to stop access to new credit in their names. For more information, visit ncdoj.gov.

Sweet treatments

Applying the right window coverings can help trim your power bill

Comfort. The rising price of heating and cooling your home. Reducing your carbon footprint. Climate change. There are so many reasons to invest in keeping your home's energy costs low.

When it comes to windows, many energy experts simply refer to them as "holes in your home." Studies have shown that even on newer homes, windows often account for between 25 and 40 percent of your home's energy loss. However, there are ways to fight the unenviable drain that comes with letting in the light—your window treatments. Taking a look at your treatments, and possibly changing them, is a wise and relatively inexpensive way to save energy.

Get the right fit

The better the fit of your treatments, the less leakage you'll get. It may be worth investing in a professional consultant and fitter to get a window treatment that will make the most effective seal between the comfort of your home and the elements. Your consultant can also advise you on choices that will suit your vision, needs and the style of your home.

Color's influence

A simple way to increase the energy efficiency of window treatments is by the back color of the window treatment. You can keep heat out in the summer and inside in the winter by changing the back color of your shades, drapes or other treatments. White or a light color will reflect the sun's rays rather than absorbing them, which helps prevent your home from heating up during North Carolina's hot summers. In the fall or winter, swap light backing out for dark backing so treatments soak up every available ray and keep the heat inside.

Technology working for you

Many of today's styles are made with efficiency in mind. For example, Hunter Douglas sells shades constructed in a honeycomb design that traps heat and cold in its layers. These efficient shades offer up to three layers of honeycombing to keep the inside of your home cool or warm as the season requires. The honeycomb shades can also provide light filtering with top/down and bottom/up options.

Many modern shades and shutters are more environmentally conscious than ever before, with some being UV-resistant. Shutters come in styles that complement an amazing range of home styles, from old-school plantations to modern beach houses to arts-and-crafts cottages. And as southerners know, shutters are particularly good at keeping the heat out. Finally, one last bonus: UV-resistant shades and shutters protect your floors and furniture from the damage caused by sunlight.

Information provided by Kim Rush, a design expert for decorview.com.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our August issue, will receive $25. To see the answer before you get your August magazine, go to "Where Is This?" on our website carolinacountry.com.

June winner

The picture by Katie Taylor that ran in the June magazine shows a display in downtown Parkton, Robeson County. Quite a lot of you recognized it. Deborah Mason of Eastover told us that Milton and Ginny Lucas, along with Rick Tufts of the Red Springs & Northern Railroad Foundation (redspringsandnorthern.com), had a lot to do with making this display. The winning entry, chosen at random from all correct submissions, was from Don Taylor of St. Pauls, a member of Lumbee River EMC.

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I Remember...

My mother, Callie Beddard, on my left, helped a lot of people in her life.

A lady for all seasons

I want to let you all to know my mother died on April 24 the day after her birthday. I had her a long time but will miss her very much. I am 60 years old. She loved the outdoors, a wood heater, and even camped in the woods and built us a tepee to sleep in.

My mother helped anybody. She cut people's hair, and she got me to Special Olympics. She built us a campfire in the yard so we could roast hot dogs and marshmallows. She had six children. We all wanted a bicycle, so she started with the oldest child, then went to the next one next Christmas, every Christmas until she got us all a bicycle.

She took all of the children to Morehead to the beach, and we were sitting in each other's laps, in the trunk, even in the hog trailer. We went camping in the mountains, went to Ghost Town. When she married her last husband, he was a really good man, and we drove all the way to Arizona four times in a van.

I wish I had kept my mother at her home. I tried to help her as much as I can, because what I did was always by myself. If my families did not marry, they would have done more. They did as much, but we just did not have the money.

I want us all to be a family. Carolina Country is in my family. All we have to do is have the faith, hope and love of God. Please let us pull together and help people we care about and tell people we care for them.

Onie Frances Rogerson, Washington

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

My cowboy boots

When I was about 3 years old, I would get up early Saturday mornings and watch the cowboy movies on TV with my brothers. I would look at the cowboys walking with their boots on, spurs on the back of the heel, making a noise when they walked. I loved to look at those boots and wanted a pair of cowboy boots like that. One Christmas my parents surprised me with a pair. It made me very happy. Every morning I would put on my cowboy boots. I wore those boots every day until I wore them out.

Marvin Ray Outlaw, Windsor

Punishment

Back in the early 1940s, when my sister was 12 and I was 14, we lived on a farm near Kellogg, Minnesota. We had to walk 1½ miles to school every day; no school buses in our area. This particular day, my sister and I were fooling around in the kitchen and had not changed into our chore clothes. I did something to make my sister mad, and she picked up a hammer and hit me in the back. So I got mad and picked up the nearest thing, which was a wooden yardstick. I took after her, aiming at her butt, but I hit her hand. She started screaming bloody murder, and I saw one of her fingers swelling, and I thought I had broken it.

About this time my dad came in from town (a little on the tipsy side), and of course she showed Dad her finger. Dad grabbed me by the collar, and I rode his foot all the way to the barn. My punishment was to do my chores and my sister's. It was dark when I got back to the house. Before opening the door, I looked down at my school clothes all messed up, and I thought I would get some more punishment, but I didn't. My sister's finger was just swollen, not broken.

Duane McDougall, Mt. Pleasant, Union Power Cooperative

The organic watermelon

I am a country girl, and I've always had a garden. In 2010, for the first time ever, I planted some watermelons. They did well, but I decided in 2011 not to have watermelons because they took up so much space. So I planted lots of vegetables, all kinds. In a short while they started to come up along with plants I did not plant. After a while, I recognized them as watermelon plants. They grew so fast. I asked every elderly person I knew if those plants would bear watermelons. Everyone I asked said no, they would not, they would be citrons. I was very perplexed as what to do but decided to leave some of the plants.

That summer in Onslow County was very dry, a drought. My garden did poorly, but the watermelons grew. The picture shows me holding one of those melons. I didn't plant the seed, it had no water for 67 days, it had no fertilizer and no care. It weighed 45 pounds, and it sure was no citron. We called it an organic watermelon. What would you have called it?

Christine Matthews, Hubert, Jones-Onslow EMC

The milkman's daughter

When I was a little girl, people would tease me and say, "You do not look like your sisters. Was your dad the milkman?" When I answered "yes," they never knew quite what to say. My dad was the milkman, the last home-delivery milkman of Surry County for many customers in Mount Airy. He delivered milk, ice cream and other milk products for over 30 years.

A favorite memory of mine is riding with him on his truck to deliver milk to my babysitter, Ms. Brown, who lived three houses down the street. The ride in the big truck was the adventure of my day. It seemed to take hours, to jump on the truck, ride to Ms. Brown's house, jump off and hand her the milk, and jump back on the truck. In later years I realized it was only about five minutes, but they were my five minutes alone with my dad, without my sisters intruding on our time together.

I am now 50, and for years no one did home delivery. But things come full circle. Somewhere a little girl is being asked, "Is your dad the UPS man?"

Paula Sauls, Fremont, Tri-County EMC

BRUNSWICK ELECTRIC MEMBERSHIP CORPORATION

SHALLOTTE, N. C.

March 19, 1957

Mr. M. C. Page
R-1
Whiteville, N. C.

Dear Mr. Page:

We are enclosing the picture taken of you in the Whiteville office paying your electric service bill, and we congratulate you on being the first member of the month to pay for your electric service.

We have taken the liberty to use the picture taken of you in the March issue of our Tell-O-Watt. A copy is enclosed for your retention.

Now that electricity has been brought to our rural area, much time and labor is saved by letting electricity help you with the many chores in the home and on the farm. Your Co-op electricity is your cheapest hired-hand - you own it - you use it - be your own best customer.

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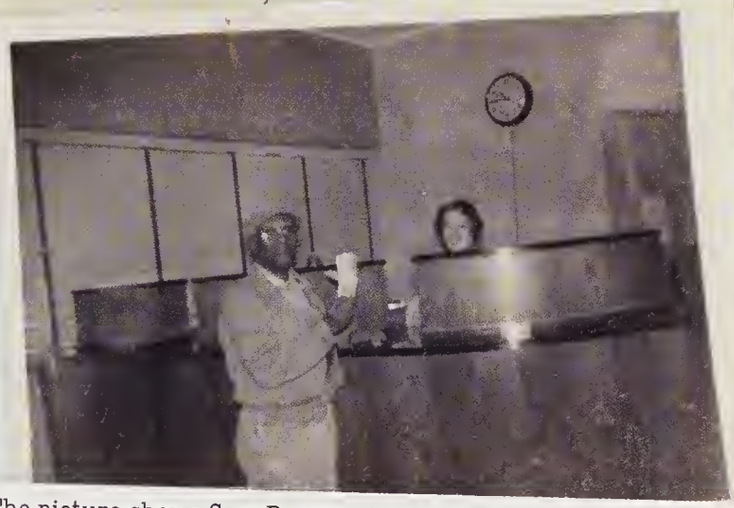
Thanking you for your splendid cooperation, and with kindest personal regards, we are,

Cooperatively yours,

BRUNSWICK ELECTRIC MEMBERSHIP CORPORATION

Hugh D. Vance
Electrification Adviser



The picture shows Sam Page paying his Brunswick EMC electricity bill with the co-op's Ann Pait. The March 19, 1957, letter from Hugh D. Vance, electrification adviser, congratulates Mr. Page as the first member to pay his bill that month. The photo appeared in the co-op's newsletter "Tell-O-Watt."

Sam Page paying his bill

This letter was received by my grandfather, M.C. "Sam" Page of the Western Prong area of Whiteville. Earlier in his life, Sam did what was called "public work," cutting right of ways through the woods in the area of Laurinburg to Wilmington, and in Beaufort. He later settled in the Western Prong area where his father, Rev. P.D. Page, lived. He worked as a farmer on his own farm and reared eight children with his wife, Mary Jane Gore Page.

Sam was very conscientious about his obligations, especially paying his bills on time.

Aggie Page Harrington, Whiteville, Brunswick EMC

Ten

This CD by Nu-Blu offers 10 songs that highlight the progressive, hard-driving bluegrass picking and harmony talents of this four-member band. The North Carolina-based ensemble is composed of Carolyn Routh (vocals/bass), Daniel Routh (vocals/guitar), Levi Austin (vocals/banjo) and Austin Koerner (mandolin/shaker egg). The ace guest artists who performed with Nu-Blu on "Ten" are Jim VanCleve (fiddle) and Ron Stewart (fiddle). Songs on "Ten" (so named because the band recently celebrated its 10th anniversary) move between a bluegrass and country–acoustic sound, and include "Giant Squid," "Eddie's Garage" and "Trains I Didn't Take." Recorded at Red Squared Audio in Siler City, Rural Rhythm label. The CD sells for $15; digital download is $9.99.

(919) 427-5851
nu-blu.com

Assistance for farmers

The Rural Advancement Foundation International's mission is to cultivate markets, policies and communities that support environmentally sound, socially just family farms. Although it works worldwide, RAFI especially focuses on North Carolina and the southeastern United States. Based in Pittsboro, RAFI supports family farmers directly through farm advocacy, disaster assistance and the Tobacco Communities Reinvestment Fund. It reports it assisted more than 250 farmers between 2010 and 2013.

Practical examples of RAFI's help include a grant that helped Carrboro farmers create a tool-lending library for other sustainable farms in the area, as well as a grant to help start the American Prawn Cooperative in a native American farming community in eastern North Carolina. To find out more about RAFI's training and consulting services, publications and other farmer resources, call or visit the website below.

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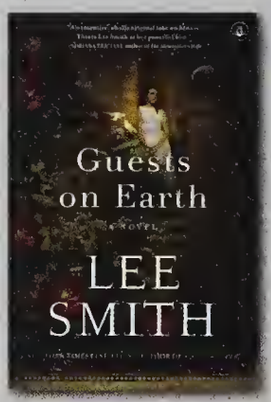
on the bookshelf

Guests on Earth



It's 1936 when orphaned 13-year old Evalina Toussaint is admitted to Highland Hospital, a mental institution in Asheville known for its innovative treatments for nervous disorders and addictions. Taken under the wing of the hospital's most notable patient, talented dancer and writer Zelda Fitzgerald, Evalina witnesses cascading events that lead up to the tragic fire of 1948 that killed nine women in a locked ward, Zelda among them. Author Lee Smith of Hillsborough blends fact and fiction to create an intriguing novel about a world apart—a time when passion, art, creativity, medicine and transformation are intertwined. Published by Algonquin Books of Chapel Hill. Softcover, 352 pages, $11.41; e-book $8.52.

(919) 967-0108
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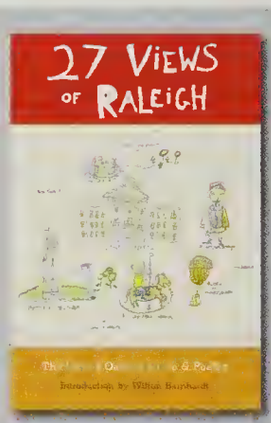
27 views of Raleigh



This hometown anthology features the work of 27 (plus two) Raleighites who create a literary montage of North Carolina's capital city in fiction, essays and poetry. Novelists, poets, essayists, journalists and even a science fiction writer capture the city in a variety of genres—spanning neighborhoods, generations, cultural and racial experiences, historic eras—reflecting the social, historic and creative fabric of Raleigh.

Contributors include Angela Davis-Gardner, G.D. Gearino, Kelly Starling Lyons, Grayson Currin, Bridgette Lacy, Rob Christensen, Amanda Lamb and Andrea Weigl. "27 Views of Raleigh: The City of Oaks in Prose & Poetry" is the fifth book in Eno Publishers's 27 Views series that features literary communities of contemporary Southern towns. Previously published books focused on Hillsborough, Durham, Chapel Hill and Asheville. Softcover, 219 pages, $15.95.

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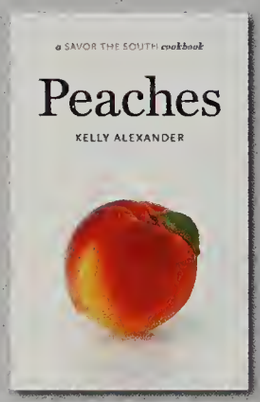
Peaches



From the moment the first mouthwatering Elberta variety was grafted in the 1870s, the peach has been an icon of summertime and a powerful symbol of the South's bounty. "Peaches" showcases the sweet richness of this fruit, which ripens in July across North Carolina. Native Atlantan and award-winning food writer Kelly Alexander explores the fruit's history, offers advice for selecting, storing and cooking, and reflects on the place of peaches in southern identity.

"Peaches" includes 45 recipes ranging from classic desserts to internationally inspired preparations. With desserts coming first, recipes range from The Best Peach Ice Cream and Roasted Peach-Basil Chicken to Pickled Peaches and Peach Clafoutis. "Peaches" is part of the Savor the South cookbook series that includes explorations of okra, tomatoes, buttermilk and pecans. Hardcover, 104 pages, $18; e-book $17.99.

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Outdoor nightlights

Solar-powered outdoor lighting can add accents and light up your pathways

Want to add some outside lighting pizzazz without installing wiring or raising your electric bill? While solar lights aren't typically as bright as traditional outdoor light options, you can get some great benefits from sun-powered lights.

What to consider

Solar outdoor lighting takes many forms: stakes, lampposts, hanging jars and more. But every unit follows the same basic principle: the mechanism generates and stores energy during the day, then releases it at night.

The U.S. Department of Energy advises consumers to consider geographic and site-specific variables. Solar lights work if they receive the recommended amount of sunlight—generally 8 to12 hours a day. Fewer hours of sunlight translate into fewer hours of yard light—shorter winter days typically result in a 30-50 percent output decline—so avoid shade.

Commonly sold in sets of four or eight, solar path lights often come with stakes or hanging hooks to be placed at regular intervals along a path or driveway.

Landscape accents

Accent lights add a glow to a landscape, but they do not illuminate spaces well. While their light output is lower, the price to buy them is generally lower than other solar lighting options, too.

Search for solar lighting on Etsy.com, a popular online handmade marketplace, and more than 500 options appear. Creative recyclers use Mason jars, soft drink bottles, lamp bases, bird cages and other lidded antiques to house the light.

Accent lights can be colorful—online retailers like EarthTech Products offer illuminated glass-blown bulbs. Amber LEDs are often used as an alternative to white, casting a softer glow but still revealing only a limited amount of area outside of the light.

Consider using accent lights to mark hazards (stones, low walls) as part of a garden feature, but do not rely on them for visual aid at night.

Illuminating paths

Solar lights fill an important role when used for path lighting. Commonly sold in sets of four or eight, these lights usually come with stakes or hanging hooks to be placed at regular intervals along a path or driveway.

Path lights focus light downward and typically illuminate an area up to 20 feet away from the base, depending on the strength of the light. Some sets offer automatic on-off settings triggered by outside light; others include a six-hour or 10-hour setting. An on-off switch may also be included, allowing owners to soak in the sun for several days, then turn the lights on for a special nighttime event.

Suspended lights are not the only option; manufacturers like HomeBrite Solar produce stepping-stone solar lights.

Check reviews

You can read user reviews before buying products to see if replacement bulbs and batteries are available. Also, make sure the outdoor solar lighting you're interested in is water resistant.

A variety of solar-powered lighting options are available at home improvement stores as well as through online retailers. To learn more about options, visit energysavers.gov/lighting.

Sources: Information provided by Ruralite Services Communications; U.S. Department of Energy; How Stuff Works.com; and Gardeners.com.

For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM

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By Jim Dulley

When your A/C conks out

Choose a good contractor and weigh the quotes

An old central air conditioner or heat pump will typically conk out on the hottest days, mainly because it is running almost nonstop to keep the house cool. The unit's efficiency and cooling output drops as it gets hotter outdoors, putting even more strain on the old compressor, especially the bearings and valves.

Selecting a contractor

Finding a good contractor to repair or replace an old air conditioner is very important. An A/C's refrigeration system is complicated, so you have to trust that the contractor does it correctly.

Check with your relatives and friends for references. Also, when a contractor gives you a list of references, call each one. Customers may be afraid to offend a "nice guy" contractor, so they do not tell them of problems. They will, however, share any negative experiences with you.

You can also check with the Air-Conditioning Contractors of America (ACCA) and the Sheet Metal and Air-Conditioning Contractors' National Association (SMACNA). These organizations can give you a list of members in your area.

When installing a new system, the contractor should do a thorough analysis and calculate your house's cooling needs. Improper sizing will result in higher utility bills and poor comfort level.

A knowledgeable contractor should ask if you currently have any heating and cooling problems, particularly with any rooms. There may have to be additional return air registers and ducts installed.

If your system has just broken down, be wary of contractors who immediately want to put in a new one. They should take the time to determine the current problem and provide a repair quote.

Take your time to evaluate quotes, even though your family might be uncomfortably warm for several days. It is not as dire as having your heating system go out during winter when your water pipes may freeze.

Air conditioning systems are complicated, so you need a technician for regular maintenance.

Annual maintenance

There are several tasks you can do, but don't eliminate regular professional service. Heating and cooling systems are packed with electronic circuit boards and controls, and you have no way to test them without specialized readouts and training.

Having adequate air flow through the outdoor condenser coils is imperative for good efficiency and a long life. Make sure there is a foot or two of clearance around the housing. This may require trimming back a few shrubs.

If you notice that some of the heat transfer fins on the coils are bent over and touching so air cannot flow between them, separate them with the tip of a scraper. Don't flex them too much or they may break off. They don't have to look uniform to be effective.

Also, make sure the housing screws are tight to insure the air is being drawn through the coils and fins.

Always turn off the electricity to the unit first at the disconnect or breaker panel before working on it. The panel should be mounted on the outside of the house within a few feet of the outdoor condensing unit.

Change the indoor filter regularly. Again, switch off electricity to the unit and remove the cover over the indoor blower unit. Clean dust off the blower and any evaporator coils with a vacuum brush attachment. Adequate indoor air flow is also important. Seal any leaking duct joints with aluminum or duct tape and close the bypass damper for the humidifier.

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244, or visit dulley.com.

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Find the Value of

T H E F O U R T H O F J U L Y
+ + + + + + + + + + + + + + =
_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Each of the 10 different letters in THE FOURTH OF JULY has been given a different value from 0 through 9. Given the total value of the letters in each word below, can you find the value of THE FOURTH OF JULY?

THERE=14	FLY=15	FOUL=17	JURY=17	LOFT=20
HURT=15	HOUR=17	ROOF=17	FLOUT=21	YOUR=14

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MATCHBOXES

4	0	8
F	S	T

x

2
O

8	4	5
T	F	D

x

5
D

1	5
A	D

x

6
X

I	

The _____ on _____ hitting below the belt. —the Pundit

Solve these multiplication problems and write your answers in the box tops, one digit to each box. Then match boxes to find hidden words in your anwers.

For answers, please see page 41

UNSCRAMBL/T

_ _ _ _ _ _ _ _ _ _ hit his
i s i c n t b u

first home run as a professional baseball player in

_ _ _ _ _ _ _ _ _ _ _ _
r s e c b b c l a m m c

in 1914. He was 19 years old.

Use the capital letters in the code key below to fill in the blanks above.

H R A E F I L T V Y B U
u n s c r a m b l e i t

BAILEY

E					
		A			Y
		B	I	Y	
	E	Y	B		
B			Y		
					I

Bailey, in Wilson County, is the home of The Country Doctor Museum, the first museum in the United States dedicated to the history of America's rural health care. It was created in 1967.

Complete the grid so that each column, row, and 3 x 2 box contains all six letters of BAILEY. No Repeats.

DAFFYNITION:

sign language–away with words

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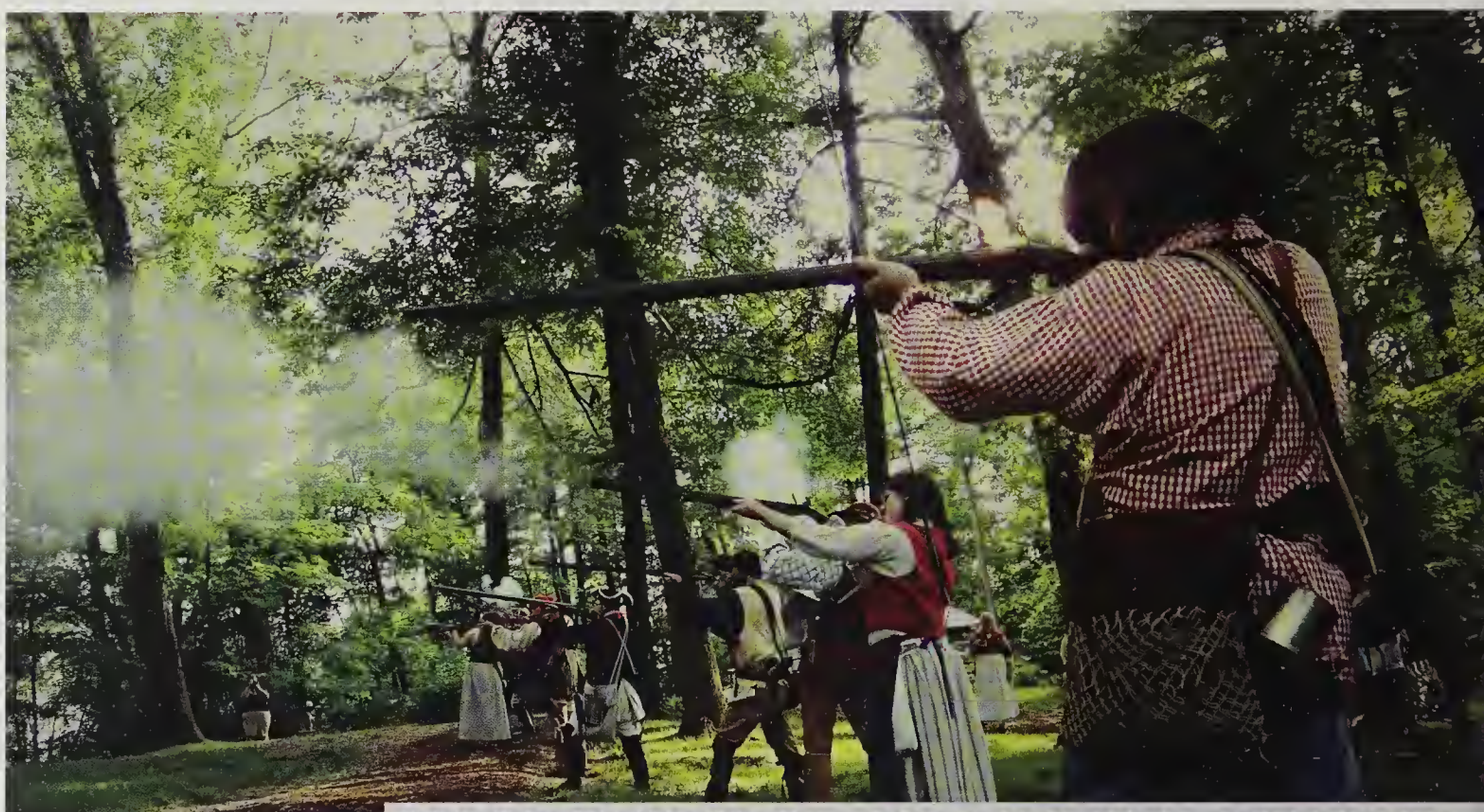

Visit the Hickory Ridge Living History Museum in Boone on July 4 to celebrate our nation's independence in 18th-century style typical of 1780's N.C. Enjoy a reading of the Declaration of Independence, a eulogy for King George III while his effigy is burned, an apple cider toast (reminiscent of the Toasts of Halifax in 1789), and a military salute. Donations encouraged. Call (828) 264-2120 or visit hickoryridgemuseum.com.

Mountains (west of I-77)

Fireworks Extravaganza
Tweetsie Railroad
July 4, Boone
(877) 893-3874
tweetsie.com

Burning In Effigy
King George III dummy, cider
July 4, Boone
(828) 264-2120
hickoryridgemuseum.com

Fireworks
July 4, Franklin
(828) 524-3161
visitfranklinnc.com

Christmas In July Festival
July 4–5, West Jefferson
(336) 846-9196
christmasinjuly.info

Revolutionary 4th
July 4–5, Kings Mountain
(704) 734-0333
cityofkm.com

Mountaineer Auto Show & Swap Meet
Includes collector car auction
July 4–5, Asheville/Fletcher
(828) 926-7849
mountaineerantiqueautoclub.com

July 4th Festival & Parade
July 5, Blowing Rock
(828) 295-5222
blowingrock.com

Freedom Arts & Crafts Show
July 5–6, Lake Junaluska
(828) 648-0500
bracaorg.com

Shape Note Singing
July 12, Brasstown
(828) 837-2775
folkschool.org

4 Paws Country Fair & Music Jamboree
July 12, Boone
(828) 264-7865
wataugahumanesociety.org

Toe River Storytelling Festival
July 12, Bakersville
(828) 467-9955
toeriverstorytelling.org

Heritage Day Festival
July 12, Lake Toxaway
(828) 966-4060
toxawaycc.com

Little Miss & Teen Miss North Carolina state pageant
July 10–12, Lenoir
(828) 295-3880
littlemissnc.com

Garden Party Fundraiser
July 12, West Jefferson
(336) 846-3827
florenceartschool.org

Blackberry Festival
July 12, Lenoir
(828) 726-0616
ncblackberryfestival.com

Festival On The Square
July 12–13, Hayesville
(828) 389-0129
clayhistoryarts.org

Carolina Chamber Symphony Players
Hoagy Carmichael music
July 18, West Jefferson
(336) 846-2787
ashecountryarts.org

"Portraits, Past, Present & Future"
Presentation by Richard Whitney
July 18, West Jefferson
(336) 846-3827
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Bluegrass Music Jam
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(828) 652-2215

Cruise In
Second Sat. through Sept., Dobson
(336) 648-2309

Exhibit Dpening
Paul Keysar
Through July 4, West Jefferson
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florenceartschool.org

Singing In Hominy Valley
Through July 5, Hominy
(828) 667-8502
primitivequartet.com

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Creative digital photography
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barbarasammons.com

Horn In The West
Outdoor drama
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hornInthewest.com

Fine Art & Heritage Craft Workshops
Through Oct. 31, West Jefferson
(336) 846-3827
florenceartschool.org

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Piedmont (between I-77 & I-95)

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johnstoncc.edu/performingarts/eventdetails.aspx?eventid=260

Inaugural Freedom Run
July 3, Fayetteville
(910) 578-9680
cincodemayo10k/freedom_run.php

Old Fashioned July 4th Celebration
July 4, Raleigh
(919) 833-3431
oellane.org

4th Of July Festival On Main Street
July 4, Spring Lake
(910) 497-8821

Firecracker 4 Miler
July 4, Fayetteville
(910) 433-1547

Fourth Of July Celebration
Josh Turner & .38 Special
July 4, Fort Bragg
(910) 396-9126

July 4th Celebration
July 4, Hope Mills
(910) 424-4500
townofhopemills.com

Fun Family 4th Of July
July 4, Matthews
(704) 847-4411
matthewsnc.gov

Independence Day Celebration
July 5, Henderson
(866) 438-4565
kerrlake-nc.com

Red Cross Civitans Fireworks
July 5, Climax
(336) 339-6696

The Singing Americans Of Stanly County
July 6, Albemarle
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singingamericans.org

NGA Pro Golf Tour
July 7–13, Fayetteville
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ngatour.com

Strong Sun Powwow
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http://nearriverdwellers.com

Loudon Wainwright III & Iris DeMent
Singer/Songwriters
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(919) 664-6795
ncartmuseum.org

The Singing Americans Of Stanly County
July 13, Wadesboro
(704) 694-4950
ansoniatheatre.com

Hope Mills History Tour
July 14, Hope Mills
(910) 433-1457
fcpr.us/transportation_museum.aspx

The Taming Of The Shrew
July 16–20, Fayetteville
(910) 916-0281
sweetteashakespeare.com

Fayetteville After 5
July 18, Fayetteville
(910) 323-1934
faydogwoodfestival.com

Lumber River Day
July 19, Orrum
(910) 618-6626

Bluegrass Music
July 19, Albemarle
(980) 581-1931
littlecreekmusicpark.com

Dan Zanes & Friends
American folk songs, original tunes
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ncartmuseum.org

Peace & Love Band
Dance/party concert
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matthewsnc.gov

U.S. Army Soldier Show
July 19–20, Fayetteville
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Music/Movie Combo
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Rifle marksmanship
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ncfieldofhonor.com

American Dance Festival
Through July 26, Durham
(919) 684-6402
americandancefestival.org

Sports In The Sandhills
Through Aug. 31, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Street Video Installation Dne week in NYC
Through Sept. 7, Raleigh
(919) 664-6795
ncartmuseum.org

Thunder Road Cruise-In
First Sundays through Oct. 25,
Mount Airy
(336) 401-3900

Bluegrass Pickin' Shed
Thursday nights through Nov. 15,
Laurel Hill
(910) 462-3636

Music Barn
Saturday nights
Through Dec. 31, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Beach & Jazzy Fridays
Cypress Bend Vineyards
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cypressbendvineyards.com

Stagville: Black & White Photo Exhibit
Through Jan. 2015, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Lafayette Exhibit
Through Jan. 3, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

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For Oct.: Aug 25

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Harris Exhibit Hall
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Wednesdays–Saturdays, Oxford
(919) 693-9706
granvillemuseumnc.org

Oldies, Rock & Blues Music
July 4–18, Hope Mills
(910) 426-4109

Sandhills Farmers Market
July 5–26, Spring Lake
(910) 497-0628
sandhillsfamilyheritage.org

Coast (east of I-95)

The 440th Army Band
July 1, Smithfield
(919) 209-2099
jccperformingarts.com

Fourth Of July Festival Beach Day
July 1, Oak Island
(910) 457-6964
nc4thofjuly.com

Fourth Of July Festival
July 2–4, Southport
(910) 457-6964
nc4thofjuly.com

Fourth Of July Celebration
July 4, Greenville
(252) 329-4200
Greenvillejaycees.com

Hot Dogs & Beans
July 4, Pantego
(252) 943-2034
pantegoacademy.com

Pamlico County Croaker Festival
July 4–5, Oriental
(252) 249-3350
croakerfestival.org

Sunday In The Park
Rebekah & the Odyssey
July 6, Greenville
(252) 329-4567
grpd.info

Live Performs
Concert also features
Cracker & Formula
July 10, Manteo
(252) 475-1500
brewthru.com

Discover The Dinosaur
July 11–13, Greenville
(252) 321-7671
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(252) 393-2006
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(800) 328-2787
ecuarts.com

The Monitors
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July 13, Greenville
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grpd.info

Gin Blossoms Concert
With Spin Doctors & Scars On 45
July 17, Manteo
(252) 475-1500
brewthru.com

Friday Movie Mania
July 18, Swansboro
(910) 326-2600
swansboro.recdesk.com

Flea Mall Event Grounds Pro Rodeo
July 18–20, Newport
(252) 223-4019
newportfleamall.com

Panyelo
Sunday in the Park series
July 20, Greenville
(252) 329-4567
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Ballroom Dancing
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ONGOING

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First Friday, Greenville
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www.uptowngreenville.com

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Murfreesboro
(252) 398-5922

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New fitness class
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(910) 326-2600
swansboro.recdesk.com

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Smithsonian traveling exhibition
Through July 20, New Bern
(252) 639-3500
tryonpalace.org

Queen Anne's Revenge Exhibit
Blackbeard's pirate ship
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Summer Concerts
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CAROLINA COUNTRY adventures

In Rowan County, farming grows tourists, too

By Marilyn Jones

"In 1994 we branched out by opening a produce market and gift shop, and began offering tours," says Michelle Patterson. Along with her husband Doug, brother-in-law Randall and sister-in-law Nora she operates Patterson Farm Market & Tours near Mt. Ulla.

"On our tours, we let children gather artificial eggs, pick plastic tomatoes and milk a plywood cow," she says. "And they get to feed animals. The farm began in 1919 and today grows tomatoes, peppers, cucumbers and strawberries. Patterson Farm is also known for its pick-your-own strawberry field and pumpkin patch, and, in the fall, a corn maze.

Anita and William Yost were honored in January 2011 when Cauble Creek Vineyard was designated the 100th winery in the state. "Governor Beverly Perdue was here and spoke about the importance of agri-tourism," Anita says. The winery produces 900 cases of wine a year. The couple has a wine tasting room and sells other locally made items.

Another winery—catering to special events, weddings, Friday dinner and Saturday lunch—is Morgan Ridge Vineyards near Gold Hill.

"This land has been in Amie's family for 200 years," says Tommy Baudoin, who co-owns the winery with wife Amie. Morgan Ridge produces more than 1,600 cases of estate wine annually. Walking around the property, it's easy to understand why the parking lot is full and the tasting room is jammed with folks out for a day in the country.

In Salisbury, another aspect of agri-tourism includes Salty Caper, a pizza restaurant where locally brewed beer is served. "The barley used in my beer is grown here in Rowan County," says brew master Andy Maben, owner of New Sarum Brewing Company.

A young Patterson Farm visitor watches bees.

Michelle and Doug Patterson stand next to one of their strawberry fields.

"The barley is sent to a malt house where it is turned into malt and shipped back to me."

After the beer is brewed, what remains of the grain—which is non-alcoholic—is sent to local farmers to feed their cattle.

Morgan Ridge Vineyards provides a respite on Saturday afternoons for lunch and a glass of wine.

When you go

Other agriculture attractions in Rowan County include a farmer's market, natural food co-op and blueberry picking.

For more information check the agricultural attraction listing at visitsalisburync.com or call (800) 332-2343.

An excellent place to stay is Turn of the Century Victorian Bed and Breakfast. Innkeeper Karen Windate brought this 1905 mansion back to its former glory by painstakingly restoring it over a two-year period. Windate often uses locally grown fruits and vegetables to complement the breakfast she serves her guests. For more information: turnofthecenturybb.com or (800) 250-5349.

Marilyn Jones wrote about the North Carolina Zoo in the June issue of Carolina Country.

If you can't stand the heat *cool down the kitchen*

By B. Denise Hawkins

Just because it's hot outside, you don't have to stay out of the kitchen. Think beyond the backyard grill. And don't limit your summer fare to tossed salad and cold sandwiches when you want to keep the indoors comfortable, the oven off and energy costs down. With a little time, creativity and a few small appliances, you can save on your utility bill and still stay cool.

The U.S. Department of Energy estimates that cooking alone accounts for 4 percent of total home energy use; and this figure doesn't include the energy costs associated with refrigeration, hot water heating and dishwashing.

While the thought of turning on the oven in July can be enough to make you sweat, electric ones can be an advantage during the summer months. Many professional cooks prefer electric ovens to gas for their ability to hold more even heat. Electric stoves are also more energy efficient because they don't introduce extra moisture into your home when turned on, which can make your air conditioner work harder to cool, driving up energy use and cost.

In winter, the heat and humidity that builds up when cooking in the kitchen can also warm other parts of the home while reducing the heating load on your furnace or heat pump. During the summer months, though, there are still ways to use your oven more efficiently. When baking bread, cakes or any foods that require browning and rising, consider limiting the time spent on pre-heating. If your oven comes with a display that counts down the pre-heating time, use it.

Try these other kitchen tools and energy-saving tips to keep you cool:

- **Turn on the microwave.** It can provide the most efficient way to cook single food items without the heat. It also uses lower wattage to operate and can cut cook time in half.
- **Reach for small appliances.** Don't forget about some of summer's best go-to kitchen appliances: toaster ovens, crock pots/slow cookers and pressure cookers. These handy appliances use less energy and generate less heat than a standard oven.

Even in an adjacent room a ceiling fan will circulate air and cool things down.

- **Use fans.** Ceiling fans can be useful in the kitchen. They can reduce thermostat settings by 4 degrees F and use much less energy than air conditioning. Even placing a ceiling fan in an adjoining dining area will help circulate the air and keep you more comfortable. But for maximum cooling using a fan, consider installing a whole-house fan or attic fan to keep the hot air moving up and out of your house.
- **Hours of cooling.** Summer provides a little reprieve in the early morning and late evening. Take advantage of the lower temperatures or a summer breeze during these times to cook, bake, turn on the stove and to run the dishwasher.
- **Regulate the dishwasher.** When your summer meal is done and it's time for cleanup, it's fine to run the dishwasher. Did you know that it uses less water than washing dishes by hand? You can save even more money and energy by removing the dishes after the wash cycle and letting them air-dry, and by running the dishwasher later in the evening during off-peak hours.

B. Denise Hawkins writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

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Mushroom-Stuffed Cheeseburgers

- 2 bacon strips, finely chopped
- 2 cups chopped fresh mushrooms
- ¼ cup chopped onion
- ¼ cup chopped sweet red pepper
- ¼ cup chopped green pepper
- 2 pounds lean ground beef (90% lean)
- 2 tablespoons steak sauce
- ½ teaspoon seasoned salt
- 4 slices provolone cheese, halved
- 8 kaiser rolls, split

In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Cook and stir mushrooms, onion and peppers in bacon drippings until tender. Using a slotted spoon, remove to a small bowl, cool completely. Stir in bacon.

In a large bowl, combine beef, steak sauce and seasoned salt, mixing lightly but thoroughly. Shape into 16 thin patties. Top 8 of the patties with cheese, folding over cheese to fit within ¾ inch of edge. Spread with mushroom mixture. Top with remaining patties, pressing edges to enclose filling.

Grill burgers, uncovered, over medium-high heat or broil 4 inches from heat for 5–6 minutes on each side or until a thermometer inserted in meat portion reads 160 degrees. Serve on rolls.

Yield: 8 servings

Bacon-Cheddar Deviled Eggs

- 12 hard-cooked eggs
- ½ cup mayonnaise
- 4 bacon strips, cooked and crumbled
- 2 tablespoons finely shredded cheddar cheese
- 1 tablespoon honey mustard
- ¼ teaspoon pepper

Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks. Stir in mayonnaise, bacon, cheese, mustard and pepper. Stuff or pipe into egg whites. Refrigerate until serving.

Yield: 2 dozen

Maple Pecan Brussels Sprouts

- 1 pound fresh Brussels sprouts, halved
- 2 tablespoons butter
- 1½ teaspoon apple cider vinegar
- 1½ teaspoon maple syrup
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅓ cup chopped pecans, toasted.

Saute Brussels sprouts in butter in a large skillet for 8–10 minutes until tender. Add the vinegar, syrup, salt and pepper; cook and stir for 1 minute longer. Sprinkle with pecans.

Yield: 4 servings

From Your Kitchen

Milky Way Poked Cake

- 1 box chocolate cake mix (mix according to directions on box)

Nougat Filling

- ¼ cup butter
- 1 cup sugar
- ¼ cup evaporated milk
- 1½ cups marshmallow crème/fluff
- 1 teaspoon vanilla
- 1 jar (12-ounce) caramel topping
- 1 carton (8-ounce) Cool Whip
- 3 regular size Milky Way candy bars (chopped)

Bake cake according to directions on box and pour into a 9-by-13-inch pan. Cook until toothpick inserted into cake comes out clean. Let cake cool for about 5 minutes.

While cake is cooling, make the nougat filling. Melt butter in a saucepan over medium heat. Add sugar and milk, stirring constantly until sugar is dissolved. Bring to a boil and stir for 4 minutes. Remove from heat and stir in marshmallow cream and vanilla. Mix until smooth.

Using the handle end of a wooden spoon, poke 10 to 15 holes in the cooled cake.

Evenly pour and distribute nougat filling into the holes in the cake. Next, evenly pour and distribute the caramel topping into the holes in the cake.

Let cake cool completely. Once cake is cooled completely, evenly spread thawed Cool Whip over the top of the cake. Sprinkle chopped Milky Way bars over the top of the Cool Whip. Store in refrigerator until ready to serve.

This recipe comes from Martha Coley of Kure Beach.

Send Us Your Recipes

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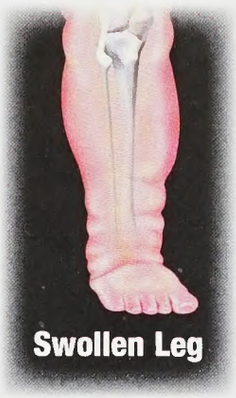

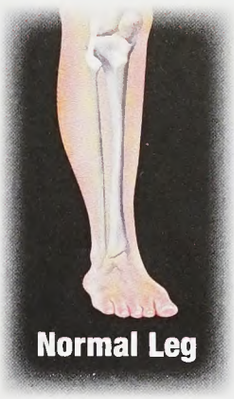

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